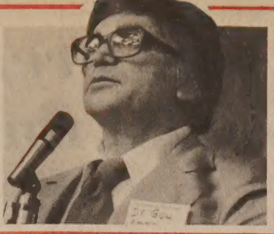
MS:
monthly
ment now
eing studied
Page 11



Potluck:
A new look at the basic four food groups
Page 5

A new building brings 5 businesses to Albany
• Page 7

TIMES JOURNAL

Serving Albany - El Cerrito - Kensington - Thousand Oaks

UME 4 ★ ALBANY-EL CERRITO, CALIFORNIA WEDNESDAY, MARCH 16, 1983 ★ NO. 20

Goldstone: Quality schools, shrinking funds

eative financing for a money-short future

By CHARLES PELTON

ANY — With nearly 20 years experience as an ucator and administrator, he now presides over a ool district which is only one mile square in size, s as the educational institution for a diverse and

"We're not just a prep chool...We're trying to meet he needs of all the kids."

mixed population.

Stephen Goldstone, 43, superintendent of the Al- ified School District, must walk a tightrope above the many divergent interests and constituencies of the district, including 2,250 students, 2,000 adult school students, 98 teachers, 202 other district staffers, parents and the community at large. He must also cope with hundreds of state and federal rules and laws.

The Board of Education is presently in the midst of its annual review of Goldstone's and — by extension — the district's goals. Board president Dr. Gerald Brunetti says that the evaluation is "like a state of the union process."

"We agreed when I was hired that there should be an evaluation — a review of my progress every year," Goldstone said. "The establishment of next year's goals has to be based upon the success or failures of last year's goals."

Goldstone, who began working at the Albany schools on July 1, 1980, is now going through his third review process. Last year the board charged Goldstone to "analyze all available financial resources" to implement the district's goals.

—Times Journal photo by Karen Preuss

Superintendent Stephen Goldstone

Support from local sources dried up drastically after the passage of Proposition 13 in 1978. Funding from the state has remained practically at the same level for two years. In addition, no one anticipates any appreciable growth in support from Sacramento for the coming academic year.

"Educational foundations have been established in a variety of school districts," Goldstone said. He mentioned Beverly Hills and Piedmont as two districts which have set up such foundations.

"The problem is that to set up these foundations a community needs to have a large industrial base or a very wealthy citizenry. Albany doesn't have this," he explained.

With the advent this year of the Albany High Boosters Club, a kind of quasi-private foundation has developed: "The Boosters Club may be able to raise $150,000 or more each year, not a small amount out of a budget of nearly $7 million," Goldstone said.

(Continued on Page 2)

C Plaza ice tag nearly oubled

GORDON RADDUE

CERRITO — An $18,075,- 0 price tag — some $10 mil- on more than what it was ars ago — has been placed on Cerrito Plaza, according to a Commission member who s ruled ineligible to vote on Pizza Time Theatre's bid to the Kirby's restaurant com-

pplication will go before the ion Wednesday, April 6, and ualified member, Bob Bacon, will be in the audience "ar- gainst the application."

e owner of Betty's Gift Shop laza, Bacon said he had ex- to be declared ineligible to the application by Assistant orney William Bullard due to t of interest on the issue.

said he was morally bound eveal his source on the sale He insisted they are accurate, and an indication that rents oing up at the Plaza. The Development Company, wns the Plaza, would say about the sale.

Homart bought the Plaza o and a half years ago, the s listed just under $8 mil- id Bacon. "That doesn't in- well's and Longs, who own e land and buildings," he

Continued on Page 2)

— Times Journal photo by Michael Jones

Jockey Teresa English: "I could never work in an office"

She rides, rises swiftly at Golden Gate Fields

By STEVE TADY

Teresa English's solid handshake answers all the questions one might have about how a 96-pound female jockey can handle a thousand pounds of hard-charging thoroughbred.

Her powerful hands and long, muscular fingers are proof of the strength the 25-year-old Rodeo resident calls forth every day in her chosen profession — horse racing.

Proof of her skill can be found in her steady climb toward the top of the Bay Area jockey standings and her 1982 record-setting win at Bay Meadows when she became the first woman and the first apprentice jockey to win a prestigious jockey competition.

This season at Albany's Golden Gate Fields, English is ranked eighth. She was ranked fifth in last autumn's Bay Meadows racing.

Though now considered an apprentice, English will become a full-fledged jockey in July — after spending the minimum time possible as an apprentice.

Jockeys are no longer apprentices when they

(Continued on Page 2)

City squabbles over pensions

No solution is likely soon

By JUDY POLUMBAUM

ALBANY — An exchange between the chairman of Albany's Charter Review Committee and City Council members which teetered between acrimony and civility highlighted an otherwise routine council meeting Monday night.

The focus of the tiff was Albany's pension problems, and specifically a detailed study of the problems prepared by Charter Review Committee head James Cleveland.

Cleveland came before the council Monday hoping to read the minutes of the committee's last meeting "into the record." The minutes contained a series of resolutions urging the council to take a position on Cleveland's pension report.

But council members seemed to feel that the document was already a public record and available to all those who would be interested.

The council also felt that it was not the time nor the place to discuss Cleveland's findings, preferring to wait for the recommendations of the city's Pension Advisory Committee. That committee, appointed last summer, is expected to present the council with a final report in several weeks.

(Continued on Page 2)

Open forum

St. Patrick's Day: It's more than green beer

The Open Forum accepts essays on topics of general or community interest. Send submissions of no more than 750 words — three typed, double-spaced pages — to Editor, Times Journal, 1247 Solano Ave., Albany 94706. This week's column is by Alta Bates Hospital, Berkeley.

Everyone becomes a little Irish on St. Patrick's Day. It means the "wearin of the green," a little "gosh and begorrah," and, of course, drinking green beer...lots of green beer.

"In fact," says Dan Graney, of the Alta Bates Hospital CareUnit, "drinking and St. Patrick's Day are almost synonymous. Many people drink more on St. Patty's Day than they do any other time of the year, including New Year's. It's a big party day."

It is also a "drink and drive" day, one that can be dangerous for both the drinker and other drivers on the road. The CareUnit staff, who treats alcoholism and drug abuse, offer the following hints for a safer, but still fun, St. Patrick's Day:

- Winter colds, antihistamines and booze, even beer, don't mix. Lay off the alcohol if you are on medication or you may wake up with even more than a hangover. Antihistamines double or triple alcohol's impact.
- The more non-alcoholic fluids you can take with the drinks, the better off you are. Orange juice, tomato juice and grapefruit juice provide you with the sodium and potassium you lose when you drink.

Along those lines, drink two glasses of water for ever alcohol drink. A 150-pound person can take around one drink a hour without having alcohol build up in his or her system. Any more and it is dangerous to drive.

(Continued on Page 2)

Temporary teachers: in the twilight zone

ARBARA ERICKSON

,300 teachers in the Rich- nd Unified School District, promise of no layoffs this e as welcome relief. But to o 100 temporary employees brought no joy at all.

hools

nd Unified, like other tricts, has a sizeable group who work in a twilight sta- ely laid off in June and iously through the sum- rehired.

achers do not get layoff e permanent employees, n expect to get a farewell pick up their last paycheck d of the school year, all the e of them have been on temporary status for four years or more.

"We're getting jerked around by the system," said one temporary special education teacher. "There's no job security at all, and I'm not building up any tenure."

Phyllis Ryus, a librarian at Pinole Valley High School, said "You can't plan your life. You don't know if you're going to have a job next year."

The status of temporary teachers contrasts with that of permanent instructors who, according to state law, must receive preliminary layoff notices by March 15 and final notices by May 15.

This year, Richmond Unified voted not to make layoffs for the first time in four years, and the news came as a morale booster for many on the teaching staff — all except the temporaries.

Ernie Ciarrocchi, executive director of United Teachers of Richmond, said the union understands the need for temporary teachers, but, he added, the arrangement has a "basic unfairness."

Year-to-year hiring, he said, "has a chilling effect on the exercise of one's rights." Temporary teachers, he said, are "often not willing to pursue grievances."

In a typical case, he said, a teacher might feel that a principal has made an unfair evaluation but she would hesitate to file an official complaint for fear it would hurt her chances of being hired for a permanent post.

Or a teacher may be assigned too many students, beyond the negotiated class size limits, and yet not dare to speak up.

"If you file a grievance," one temporary said, "you're kind of labeled as a troublemaker."

And, Ciarrocchi said, "as a temporary teacher you don't have the same kind of transfer rights. How do you apply in May for a transfer if you don't have a contract next year? So they get last choice."

Ciarrocchi also objects to the district's practice of assigning temporary teachers to a variety of slots, not using them to fill the place of teachers who go on leave.

"It's often done very arbitrarily," he said. "We're trying to mandate that temporary employees can only replace a specific employee on leave."

This year, Richmond Unified has about 125 temporary teachers, he said, fewer than in past years because many were laid off when the district cut back on secondary school periods last year.

Ciarrochi said that about 30 of these 125 are not replacements but hired to fill jobs in special education. A new state law will close that loophole, he said, and require districts to create permanent positions in state-mandated programs like special education and bilingual classes.

But David Taylor, assistant superintendent for personnel, said Richmond Unified has always hired only to replace the number of teachers on leave. Many temporaries work in special education, he said, because that is where the district has had many openings.

Taylor also said temporary teachers hired on probation (who can become permanent after three years) get salary credit for each year they have worked at least three quarters time and also get up to two years credit toward tenure.

He said the district does not assign temporaries directly to fill in for teachers on leave because this sometimes causes problems when enrollment goes down at schools. Assigning a temporary in that case, he said, might force another permanent teacher to leave the site.

As for the fear of filing grievances,

(Continued on Page 4)

She rides steadily to top of Bay Area racing scene

(Continued from Page 1)

have 45 wins or have been racing steadily for a year, whichever comes last. English has well over 60 wins.

Then, she joins the ranks of the seasoned riders.

But it might be hard to convince some other jockeys that she has yet to join the ranks of the seasoned pros.

Last fall, for instance, five of the best jockeys in the world came to Bay Meadows to compete with the top five Meadows jookeys in the Pan Am Invitational Jockey Championships.

English demonstrated her ability when she took the secStockton Fair, she got her first win. "I was on a horse called Ultra High and that's what I was, ultra high."

Since those days, however, her body has taken its share of bumps and bruises.

"I have back problems and with all the pounding my hips can get out of place. All the riding takes a toll," she said.

The recent success has made English somewhat of a media star. In the last several months, she has been on a radio talk show and two television stations have done features on her. Nearly every newspaper in the Bay Area has done a feature story on her.

She says it has helped, not distracted her. "I don't get nervous anymore and I've learned a lot about people with all the interviews," she added.

And the interviewers have learned a lot about her. With a parting handshake, the reminder of Teresa English's strength and skill lingers.

Plaza sale means big bucks

(Continued from Page 1)

added.

"Homart owns the rest of the buildings and the lease to the other land," Bacon said. "The land not occupied by Longs and Capwell's is owned by Travelers Insurance. It's valued around $2 million.

"I don't know what the arrangements for the sale are," he added, "but I know the overall price is $18,075,000. That means rents are going to go up."

Kirby's owner David Viale anticipated about a $2,000 monthly increase from his current $5,000 lease, which expires in June. He maintains he had a verbal agreement with Homart that his lease would be renewed for 15 years and is angry that it was sold without him having an opportunity to match the Pizza Time Theatre lease, which he says is somewhere between $8,000 and $10,000 a month.

He estimates that the Pizza Time lease will be about $1,500 a month over what he had expected to pay.

"That amounts to a lot of money over a 15-year period," he said.

Bacon said he personally asked the city's Director of Community Development, Jean Smith, to get a ruling from the City Attorney's office on his eligibility to vote on the Pizza Time application.

His disqualification leaves the commission with six members to vote on the issue, creating the possibility of a tie vote.

"I don't know what would happen in that case," he said. "I think someone would probably change their vote. I expect an appeal, no matter who wins. Then the City Council will have to make the decision.

Bacon was asked by the city's planning staff to poll Plaza merchants on their feelings about Chuck E. Cheese coming in. A meeting held Tuesday for that purpose produced a turnout of 14 tenants, all of whom opposed the new applicant.

Although he didn't vote on the issue because of his status as a commissioner, Bacon said Bullard's decision frees him to express his feelings on the Pizza Time application.

"I definitely feel that what is in my best interest is in the best interest of the Plaza," he said. "Kirby's provides us with a customer base. I don't think Chuck E. Cheese will. People will be bringing their children there and taking them home. They won't be stopping to shop.

"In a shopping center like this," he added, "everybody has to work together."

Jewelers looted

EL CERRITO — Steven's Jewelers in El Cerrito Plaza was looted of an extensive array of jewelry early Monday morning after someone smashed a plate glass window with a rock, police reported.

The burglary occurred at 2:45 a.m. and by the time police arrived the thief had fled.

There were no witnesses. Amount of the loss is still being determined.

COLOR TILE

TILE • PAINT • WALLCOVERINGS

SALE & REBATE

Armstrong

NO-WAX SOLARIAN® & STYLISTIK®

SAVE 15-31%! SELF-STICK TILES EASY TO INSTALL!

CHOOSE FROM 10 PATTERNS & OVER 20 COLORS!

Royal Solarian®	Custom Solarian®	No-Wax Solarian®	Stylistik® Vinyl Tile
• San Vincente • Salerno	• Imperial Glaze • Porcelain Glaze	• Essex Fair • King Street • Roman Court • Garden Lace	• Franklin Brick • Imperial Marble
Reg. 1.49 SQ. FT.	Reg. 1.29 SQ. FT.	Reg. 99¢-1.09 SQ. FT.	Reg. 79¢ SQ. FT.
Sale Price 1.29	Sale Price 98¢	Sale Price 88¢	Sale Price 71½¢
Less Rebate 13¢	Less Rebate 9¢	Less Rebate 9¢	Less Rebate 4½¢
FINAL PRICE 1.16	FINAL PRICE 89¢	FINAL PRICE 79¢	FINAL PRICE 67¢

Minimum purchase of only 3 cartons qualifies for rebate!

VISA MasterCard AMERICAN EXPRESS Card

SALE EXTENDED TO MAR. 19

DO-IT-YOURSELF AND SAVE!

FREE Instruction brochures
FREE Expert decorating advice.
PLUS Full refund on all unused tile!

"Color Tile, Where All The Choices Make All The Difference"

10425 SAN PABLO AVE.
EL CERRITO 524-6340, 6341

Special Contractor's Hours 9 a.m.-10 a.m. Mon. thru Fri.

Mon. thru Fri. 9 a.m.-8 p.m.; Sat. 9 a.m.-5:30 p.m.; Sun. 11 a.m.-5 p.m.
• CONCORD, 1774 Willow Pass Road, 825-5683 • OAKLAND, 4300 Broadway, 658-9430

© 1983, Color Tile Supermart, Inc.

F-14

SATISFACTION GUARANTEED • PATTERNS MAY VARY IN SOME STORES • OVER 581 STORES NATIONWIDE

Goldstone: creative 1980s school financi

(Continued from Page 1)

The district also owns three pieces of property which could conceivably become income-producing.

"One site is a part of Cougar Field," he said. "Another is the MacGregor School site. One idea — very much in a preliminary phase — is to build apartments or condominiums on the MacGregor site, leaving the first floor of such a complex for the district's use.

"There is also the Solano Avenue property occupied by the library. The city has a 99-year lease from the district on the property. One idea we have is the erection of a multi-story office block.

"Such a development could solve the library's severe housing needs and also generate income for the district," Goldstone said.

One of the more innovative budget-enhancing strategies Goldstone is contemplating involves the creation of what he calls "a micro-utility" at Albany High's swimming pool. Besides using a heat conserving blanket to cover the pool's surface, both the pool's and the shower's heating requirements would be met through solar cells which would be installed on the high school's roof.

"Any additional energy produced the utility could sell. We're working on a deal where the initial cost of setting this up is paid for exclusively by the savings which we would realize," he said.

But even with all these ideas to save money and to generate income, Goldstone is worried.

"There needs to be a new emphasis in education," he said. "The very health of California is suffering. We need to have a strong infrastructure — this includes education — if we are to attract business.

"A majority of people in the United States today have no contact with schools. As the population's average age becomes older, other agencies and areas are funded. But we are all still responsible for the health of society."

Goldstone is proud of the fact that a large proportion of Albany High's seniors go on to an institution of higher learning. "But," he said, "we need to be more aware of the kids who don't intend to go on to college.

"We're not just a prep school. We're trying to broaden offerings in industrial arts and business education. We shouldn't pigeon-hole or stereotype kids."

With a current population of only 766 students, Albany High School combines the advantages of small town intimacy with the disadvantages of a relatively limited number of class offerings.

"We need to send some kids out to the university or to other districts to cover some of the subjects which we can't teach," Goldstone said. "We have to try to meet the needs of all the kids."

Over the past year, the superintendent feels that there has been a great growth in communication between parents, staff, students and the community.

"There was some criticism regarding communication between the high school and the community. [illegible] change an atmosphere which had been [illegible] rumors, facts and half-facts — especially in [illegible] dent discipline.

"I think we've developed a climate of [illegible] Goldstone said. "When a teacher or [illegible] something now we can communicate it. Th[illegible] avenues of communication."

The district has also seen a growth in the [illegible] School Improvement Program (SIP). As[illegible] councils — comprised of representatives of [illegible] ty, administrators and students of each sch[illegible] how to spend a fixed amount of SIP money [illegible] the board, but with its approval.

"Now every school in the district has a [illegible] "The last school to set one up was the middle [illegible] and a half ago. Their money is earmarked [illegible] aides.

"The high school's SIP funds, $50,000 [illegible] gone towards the support of a career cent[illegible] English readers."

On the subject of continuity of subject [illegible] the various schools — "articulation" in sch[illegible] Goldstone gives the district fair marks.

"I've worked in a high school district [illegible] veral feeder elementary districts," he said. [illegible] was a real problem there.

"A unified district has its advantages. [illegible] our foreign language program is especially [illegible] the middle school and the high school. Th[illegible] increase in communication between the [illegible] of the two schools."

Goldstone came to Albany after three [illegible] superintendent and four years as a junior hi[illegible] cipal at the Pomona Unified School District. [illegible] was an assistant principal in the Saugus/New[illegible]

Goldstone's professional career began [illegible] years as a teacher and counselor first in the [illegible] and, later, in the Los Angeles unified school [illegible]

Goldstone, whose $46,000 annual salary [illegible] of the lowest of school superintendents in the [illegible] a wife who is also an educator, and four ch[illegible] ceived his Ph.D. at the University of Southern [illegible] 1978 in the field of educational administration.

Where and when Goldstone is headed [illegible] of speculation:

"I don't think a superintendent should [illegible] for a long time," he said. "There needs to b[illegible] new ideas.

"The schools here are very successful. I [illegible] is a great district to work in."

The district feels the same way about G[illegible]

"I feel fantastic about him," president [illegible] "I think he's a great superintendent — well-[illegible] not afraid to take a stand. He represents [illegible] lic."

Pension problems unsolv

(Continued from Page 1)

Vice-mayor William Johns told Cleveland that reading his committee's minutes aloud might be "dramatic" but would not accomplish anything. He suggested that Cleveland was "panicking" over the pension issue.

Cleveland in turn suggested that the council was trying to avoid the matter, saying, "I think there's a natural tendency to delay, to stall... I believe we'd better face this thing honestly and forthrightly, and I'm concerned we're not."

Cleveland's study, which he presented publically earlier this year, concluded that the city would have to take some drastic action to keep the pension fund from going bankrupt.

Albany's pension plan covers fire and police employees hired before mid-1971; others are under the statewide Public Employees Retirement System.

The city now faces ever-growing obligations to retirees under the old plan, while pension assets steadily shrink.

Cleveland blamed the problem on a 1969 court decision which tied pension payments to current salaries rather than actual salaries held at the time of retirement. And he suggested that only a court could provide a remedy.

He ruled out ever-escalating taxes to cover the obligations, saying Albany residents would not go along.

Council members Monday assured Cleveland they appreciated his work and were not ignoring the pension issue.

Councilman Edward McManus pointed out that the council had taken the problem seri[illegible] to set up the Pension Ad[illegible] mittee. He said the [illegible] awaiting that committee [illegible] he saw "no reason to [illegible] that format."

Later during the m[illegible] other Albany residents [illegible] Cleveland's behalf. Fr[illegible] he felt the council [illegible] "sloughing off" the issue. [illegible] Hood chastised council [illegible] "indifference" to Cleve[illegible]

Open forum

(Continued from Page 1)

• Know your limitations. Don't drink and then drive. It's not worth the possible consequences.

A full stomach (especially oily foods and carbohydrates slows the rate at which alcohol is absorbed into the bloodstream. Foods like cabbage and charcoal (something slightly burned) neutralize some of toxic additives in the liquor.

• Be aware of weather, extra traffic, and other [illegible] may have had too m[illegible] Drive defensively.

"But most of all," [illegible] "don't drink to get dru[illegible] sponsibly. St. Patrick's D[illegible] excuse for irresponsible [illegible] driving or other irresp[illegible] ior.

Adult School offers 100 spring classes

ALBANY — The 10-week spring quarter of Albany Adult School starts Monday, March 21. Over 100 courses will be offered, with enrollment remaining open in all courses.

A wide assortment of day and evening classes has been scheduled, including business, homemaking, foreign languages, physical conditioning, parent education, fine arts and craft courses.

Adults with specialized interests may enroll in such courses as how to start a small business, assertive communicatin skills, batik painting, landlording, calligraphy, secretary training, wills and estate planning, furniture refinishing, driver education, stained glass, childbirth preparation, home landscaping, photography, and basic home repairs. New courses this spring will be bicycle repair, beginning flute, psychology, and walking for fitness.

Early registration is suggested. Enrollment is open to all adults, residents and non-residents. Register at the Adult School day Office, 601 San Gabriel Ave., from 9 a.m. to 3 p.m., Monday through Friday or at the first class meeting.

Fees range from $5 to $24, but no fees are charged for English as a Second Language, citizenship or high school diploma courses. Schedules of course offe[illegible] able at local libraries. Those wishing [illegible] should telephone 526-6811.

Chase ends in a[illegible]

ALBANY — A police officer was sh[illegible] during a chase that ended when he was sh[illegible] patrol car into a suspect's car in a Golden [illegible] parking lot.

Arraigned earlier this week was Nathan[illegible] of 3630 33rd Ave., Sacramento. He was [illegible] morning on suspicion of assault with a deadly [illegible] auto theft.

Officer Troy Norman said he attempted [illegible] on Pierce Street near Central Avenue on a [illegible] when the suspect accelerated, heading [illegible] stopped suddenly near Buchanan Street, [illegible] cers's car and then sped towards the race tr[illegible] to the report.

Although the officer sustained a minor [illegible] was able to continue the pursuit into the race [illegible] parking lot, ram Given's car and take the su[illegible] tody, he said.

BERKELEY MOVIE SALE BERKELEY

Hundreds of Titles to Choose

From Only $19.95

Sale Dates: March 18 through March 23, 1983

Berkeley Home Video

1808 University Ave.
Berkeley 848-9844

Use Your Visa or Mastercard

CONTINUOUS ENR[illegible]

Berkeley
1345-A Grove St.
527-7323

alp

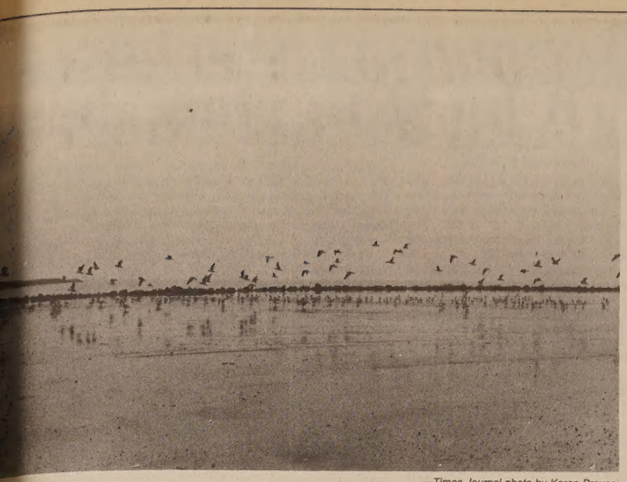
a learning pl[illegible]

reading/learning cente[illegible]
serving The East Bay for 13 [illegible]

Individualized Programs [illegible]

• Reading • Spelling • Langua[illegible]
• Mathematics • Written Langu[illegible]
• Study & Test Taking Skills

Gerald Block, Ph.D. and Eva Newburg[illegible] co-directors
Susan Hager, M.A., Associate Director



—Times Journal photo by Karen Preuss

When racing season is over at Golden Gate Fields, the ownership of the parking lot will return to the sea birds who live nearby, who often gather for meetings on rainy afternoons.

agull onvention

Coming up

Time's running out: Register to vote

Monday, March 21, is the last day to register to vote in municipal elections to be held in Alameda and Oakland on April 19.

Voters in the Peralta Community College District, which includes Albany, Berkeley, Emeryville and Piedmont, as well as Oakland and Alameda, also will go to the polls on April 19. All voters must be registered by March 21.

Voters who have moved, and new voters including those who will be 18 years old by election day, may pick up postage-paid registration forms at various locations including fire stations and public libraries, according to the Alameda County registrar of voters.

Registration forms also may be obtained through the city clerks' offices and at the County Registrar of Voters. For information call 874-6361.

WHITE KNIGHT

WHY PAY MORE FOR PRIME RIB AND N.Y. STEAK WHEN YOU CAN GET THE BEST QUALITY AT THE LOWEST PRICES?

NOTHING FANCY —

Just Wholesome & Hearty Homemade Food

PRICE OF DINNER INCLUDES A GLASS OF WINE OR BEER

SENIOR CITIZENS AND CHILDREN'S PLATES

3150 Pierce Street • 527-1725

(Located Next To Breuners)

HOURS:
Open Monday Thru Saturday
11 A.M. - 9 P.M.
Sunday 3-8 P.M.

Sweet Charity' staged y El Cerrito students

By ARLENE EAGAN

ERRITO — The students at El Cerrito High de- ed that the "show must go on," even while the ding lady in their production of the musical harity" had laryngitis.

Boblitt, a senior, lost her voice two weeks before debut as Charity, the main character in the play. r told her she was not to talk at all, or she would damage her vocal cords.

show was going well and everything was going ntil Charity lost her voice," said director Kim drama teacher at the school. "We've since been world's greatest ventriloquism act. Her under- fany Carlson, has been acting as her shadow."

itt recovered her voice last week, just in time for night on Friday, March 11. She said she's really vorking on the play because the part has been so g and had "a lot of character."

rity's not a lot like me," Boblitt said. "It's ac- d of a raunchy part. But she's got a sort of inno- d she's not shy. It was easy for me to get into

repare for the part, Boblitt thought seriously part and did a charcter study. She said she's been a lot of time "walking around talking to myself" o the mood.

itt, 17, will major in broadcasting and communi- San Francisco State University after she gradu- said she has done quite a few plays before, but r first lead. She'll be dancing and singing along nale lead, Mark Wimple, and a chorus of other ve got a very strong cast in terms of dancing and director Knoll said. She said the students haven't pisodes of stage fright: "They are a real bunch of

Clark, director of the orchestra, agreed that the highlight of the play. He said the musical score f the reasons for choosing this particular play. good music and it's exciting," Clark said. "It's rented. We've picked the best students from the jazz ensemble and the symphonic band and them."

Knoll are co-directors with Dick Grey, who ge of set design. Students in the stagecraft class most of the work on the set. Knoll said all the n the play helped by getting together for a day hammered and sawed like crazy" to put the set

it said the play helped her learn "just how much show to really make it work. It's a responsibili- been incredibly fun."

school's spring production will be "Blithe

"Sweet Charity" will be staged on March 18 and 19 at 8 p.m. at The Little Theatre at El Cerrito High, 540 Ashbury Ave., El Cerrito.

ddhist Priory sets ectures, retreat

ANY — The Berkeley Buddhist Priory will offer res and a Sunday retreat at the priory, 1358 Marin any.

structor, Rev. Teigan Stevens, said class will basic Buddhist doctrines of karma, rebirth, im- ncia and the Four Noble Truths; and "how these ate to suffering in daily life. Frustration, anxiety, l, guilt are all caused by attachments of various practice show how to use and transcend these ind to discover a deeper religious reality."

ation instruction is offered free before the first ses will be held on the following Tuesdays: April and May 3 from 8 p.m. to 9:30 p.m. The retreat d Sunday, May 8, from 8 a.m. to 4 p.m. Cost is non-members.

gister call Berkeley Buddhist Priory, 528-2139. is limited.

mes Journal classified ads

Call 525-2644

TIMES JOURNAL

ation of The El Cerrito Journal and Albany Times)

Established October 3, 1979

SHED EVERY WEDNESDAY & SUNDAY

Albany, Alameda County and El Cerrito, Contra Costa County, California

orth Bay Newspapers/OSWeGl Publications Inc.

1247 Solano Avenue, Albany, Calif. 94706

(415) 525-2644

Newspapers/OSWeGl Publications Inc., adjudged for ation by order of the Superior Courts of Contra Costa Oak Counties. The Times Journal is the legal newspaper for the Cities of El Cerrito and Albany.

SUBSCRIPTION RATES

ar.....$12.00
nth.....$ 1.00
Copy.....25¢
Description.....Year $30.00

Address: Send to 164 Harbour Way, Richmond, Calif. 94801

UNEMPLOYED? LAID OFF?
NEED A JOB?
WANT A BETTER JOB?

YOU CAN RUN A CLASSIFIED AD FREE

ON OUR JOB OPPORTUNITY PAGE

MARCH 28 & APRIL 4

THE INDEPENDENT AND GAZETTE JOB PAGES WILL BE FORWARDED TO OVER 100 MAJOR BAY AREA EMPLOYERS

FILL OUT THE COUPON AND MAIL IT TO:
(No phone orders please)

NORTH BAY NEWSPAPERS
164 HARBOUR WAY, RICHMOND, CALIFORNIA 94801
c/o Job Opportunity Page

Deadline for all ads is March 24, 1983.

Fill out your classified ad in the spaces provided on the left.

Name _____

Address _____
Street City Zip

Phone _____

Another Community Service Of North Bay Newspapers

★ LONGS DRUG STORES ★ LONGS DRUG STORES ★

Longs Drugs

Where Everybody Saves

PRICES EFFECTIVE
TUESDAY, MARCH 15TH
THRU
SUNDAY, MARCH 20TH, 1983
PRICES SUBJECT TO STOCK ON HAND

STORE HOURS
DAILY FROM 9:30 A.M.
SUNDAY 10 A.M.

Longs VITAMIN SALE

LIFE-LINE NATURAL SELENIUM
50 MCG TABLETS
BOTTLE OF 50
ITEM NO. 367
SALE PRICE **1.99**

LIFE-LINE NATURAL GARLIC PERLES
BOTTLE OF 100
ITEM NO. 315
LONGS SPECIAL **1.69**

LIFE-LINE B-100
ADULT FORMULA
HIGH POTENCY
VITAMIN B-COMPLEX
BOTTLE OF 100
ITEM NO. 232-A
SALE PRICE **7.49**

LIFE-LINE IRON plus
BOTTLE OF 60 TABLETS
ITEM NO. 325
LONGS SPECIAL **1.99**

LIFE-LINE NATURAL OYSTER SHELL CALCIUM
250 MG TABLETS
BOTTLE OF 200
ITEM NO. 246
SALE PRICE **2.99**

LIFE-LINE LYSINE SUPPLEMENT
500 MG TABLETS
100 TABLETS
ITEM NO. 337
LONGS SPECIAL **3.69**

LIFE-LINE CHELATED ZINC
22 MG TABLETS
BOTTLE OF 90
ITEM NO. 250
SALE PRICE **2.59**

LIFE-LINE CHELATED MINERAL COMPLEX
BOTTLE OF 90
ITEM NO. 343-A
LONGS SPECIAL **3.09**

LIFE-LINE VITAMIN "C" COMPLEX
500 MG TABLETS
BOTTLE OF 100
ITEM NO. 259
SALE PRICE **3.39**

LIFE-LINE MEGA-75
HIGH POTENCY
ADULT
MULTIPLE VITAMIN
60 TABLETS
ITEM NO. 350-A
LONGS SPECIAL **3.49**

LIFE-LINE NATURAL VITAMIN "E"
MIXED
TOCOPHEROLS
200 I.U. CAPSULES
BOTTLE OF 100
ITEM NO. 289
SALE PRICE **4.19**

LIFE-LINE VITAMIN "C" & ROSE HIPS
SUSTAINED RELEASE
1000 MG CAPLETS
BOTTLE OF 120
NO. 365-SRA
SALE PRICE **5.39**

EL CERRITO — EL CERRITO SHOPPING CENTER
SAN PABLO — EL PORTAL SHOPPING CENTER
PINOLE — APIAN WAY AT INTERSTATE 80

★ LONGS DRUG STORES ★ LONGS DRUG STORES ★

Temporary teachers f it hard to plan ahea

(Continued from Page 1)

Taylor said, "This could be." He added that most temporary teachers who perform well have been rehired.

But the big problem, temporaries say, is the insecurity.

Nancy Giomi, a special education teacher, said her question each year is, "Will I have a job or won't I?"

This uncertainty, Ciarrocchi said, raises these problems: "How do you get a loan? How do you buy a house? The job only lasts a year."

And many teachers don't find out until the last week of summer if they are going to be rehired.

One temporary teacher said she was offered a job the afternoon of the day teachers were supposed to report for work in the fall. Others say they have not had their contracts in hand before October.

"They could let people know a little earlier," one teacher said. "Why they wait so long, I don't know."

The delay makes it impossible to plan in advance, she said, because "a temporary person doesn't like to barge into the school and start getting things ready before they have been notified."

Taylor, however, said the district is stuck with a system that forces late notice some of the time.

"We don't like it either," he said, but the district has to follow procedures in offering vacant slots first to permanent employees. And often, he said, teachers do not notify the district until August that they are not coming back.

After going through the legal notification and transfers, he said, the schools often cannot hire the temporaries until just before opening day.

Ciarrocchi said the problem of temporaries is not confined to Richmond Unified and not just to public education, but, he said, it creates a "ludicrous" situation in schools because so many are ... collect unemployment in the fall.

And, he said, some ... stitutes (those who ... teachers for more th... doing the same job ... temporary teachers ... cal benefits, sick leave ... They are paid $75 ... of their experience. ... get about $48.50 a ...

Taylor said there ... need for substitutes ... but the district may ... twilight zone of ... next year.

For the first time ... said, Richmond Un... hire probationary ... in special and ... and he anticipates ... will come from the ... poraries, who will ... longed-for security.

Bank suspect to grand ju

By BOB MANOR

A federal grand jury indictment against Harold Lee Benson, arrested in San Pablo for bank robbery, will be sought later this month, an FBI spokesman said late last week.

Benson, 26, was ordered out of an old shed and into the arms of the law by a heroic citizen last Wednesday after the bungled robbery of the Homestead Savings & Loan branch in the El Portal shopping center.

Benson is also being held on a no-bail warrant for allegedly violating parole, and is a suspect in two other robberies committed this year.

To speed court proceedings, a grand jury indictment against Benson will be sought soon, said FBI spokesman Frank Daniel. If the San Francisco-based jury hands down the indictment, further legal proceedings against the suspect will be conducted in that city.

Police said Benson is suspected of robbing $1,700 from Citicorp Savings in El Cerrito on Feb. 22 and $4,300 from a bank in Fairfield on Jan. 22. When the case against Benson is concluded here, he probably will be moved to Sacramento to face the Fairfield charge, said Daniel.

Benson is a parolee with a record of robbery and gun offenses, police said. He is in County Jail on the no-bail parole violation warrant.

San Francisco police also had sought ... tioning about a murder, but police said ... in that case.

A second man who allegedly partic... Pablo robbery remains at large.

Police said Benson, attired in a sec... form, and his accomplice, dressed in a ... escaped from the San Pablo savings and ... of money containing red dye and a ... charge.

The packet exploded, spraying red d... pects and their car. The suspects abandon... fled on foot along San Pablo Creek.

Benson hid in an old shed used as a p... children, and 69-year-old Oscar Standr... down lost shopping carts around El Portal ... the suspect would be in the shed.

Standridge found Benson and ord... out.

Another man on the scene, Jack Mi... pect to give up.

A California Highway Patrol officer ... The accomplice escaped.

Giant sign to come d

By JUDY POLUMBAUM

ALBANY — The owners of Michael's Liquor Store on Solano Avenue have agreed to obey a city ultimatum to remove their giant rooftop sign, thus saving the city the trouble and expense of seeking a court order.

Carol Walker, who with her brother Michael Walker owns the liquor shop and a restaurant next door, said a contractor probably will remove the sign in early April.

"We're good citizens," she said. "We don't really want the city to go to court, and we don't want to go to court either. It wouldn't be productive for either of us."

But she added that she still thinks the city's decision was unfair and perhaps unconstitutional.

The city Planning Commission ordered the Walkers to take down their roof sign nearly a year ago because it exceeds sign space allowed by the city's sign ordinance.

The Walkers had recently bought the business, and the ordinance says that when a business changes hands the new owners must make all signs — even those erected legally before the sign regulations were adopted — conform to city size and space limitations.

The Walkers had hoped for a variance, saying they could not afford the cost of removing the sign. They also argued that the city was being unfair in forcing them to take down a sign which a former owner had put up legally.

After a couple of delays, the Walkers requested more time to see whether a bill now before the state legislature (which would require the city to pay for the cost of the sign removal) would pass.

The City Council last week decided, however, that the sign must come down immediately. The council ordered the city attorney and public works director to take whatever steps were necessary, including legal ... the decision.

The Walkers had made it clear that ... ford to fight the city in court. "We feel ... the $1,000 for the sign removal; how ca... to an attorney at $50 an hour, at ... said.

In addition, they cannot afford to ... from productive work at the two busine... campaign to save the sign, she said.

City Attorney Robert Zweben ... Council this week of the Walkers' ... contractor to remove the sign. He ... proval to wait until mid-April for the ... unless legislative developments in Sac... endanger the city's position before that ...

If council members wanted to ... would have several alternatives, Zweben ... could turn the matter over to the dis... could cite the Walkers for a misdemean... they were not in compliance with the ... city also could seek a court order direc... remove the sign by a certain time.

"We also have the power, although ... hesitant to exercise it, of going up there ... ourselves," Zweben said.

The council agreed to let the Walk... down on their own, but asked Zweben ... commitment that they will comply by ... of any developments in Sacramento.

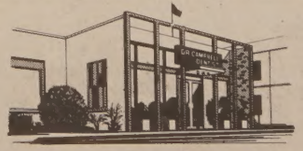
"A month's delay, as unpleasant ... price to pay to avoid litigation," commi... ber Henry Kruse.

Dentures

CREDIT TERMS—on approved credit for Dental Plates, Partial Plates and Removable Bridges.
ALL CREDIT HANDLED BY OUR OFFICE. No Bank or Finance Co. involved.
NEW DENTAL PLATES IN ONE DAY! In many cases. Please be at office before 10:00 A.M.
FAST PLATE REPAIRS!
LET US HELP YOU—Dental Care Plans: Medi-Cal, company, union, insurance, private dental coverage accepted.

Dr. J.C. Campbell DENTIST

COME IN OR PHONE FOR DETAILED INFORMATION.



RICHMOND • 4016 Macdonald Ave.
Phone 234-2844 or 234-5495

No appointment needed in any Dr. Campbell office.
Open Mon. thru Fri. Closed Sat.

Walker's Pie Shop & Restaurant
1491 Solano Avenue, Albany
Full-Course Dinner Only
New Hours: 5-9 Fri. & ...
Dinner 5-8 Tues.-Thurs.
Breakfast 8 a.m.-11 a.m. Lunch 11 ...
Closed Sunday & Monday

KING RESTAURANT
Food to ... Banquet Rooms
OPEN 6 DAYS
LUNCH Thurs.-Sat. 11 ...
DINNER 3:30-10 Sun. ...
Fri. & Sat. 3:30-11 ...
COCKTAILS 4:30-11 ...
1335 Solano Ave., Albany
Closed Wednesdays

Ocean Fresh
THE FINEST CONTINENTAL SEAFOOD CUISINE
EARLY BIRD SPECIALS 4-6 P.M.
COMPLETE DINNERS FROM $6.
SUNDAY CHAMPAGNE BRUNCH ...
LUNCH — TUES.-FRI. 11:30 A.M. ...
Sunday-Thursday 4-9; Friday-Sat. ...
Sunday Brunch 11:30-2:30 • Closed ...
523 SAN PABLO AVE., ALBANY
FOR RESERVATIONS: 525-621...

Pot luck with Olga Bier

Nutrition: Remember the basic four

The Basic Four — they've been around for a while, and those of us in food and nutrition have based a good deal of our teaching on them.

Teachers have scrambled for ways to put them across that are novel, intriguing, and tricky so that our message would infiltrate hard core food habits and rigid food prejudices. Eating life styles are hard to change. Ask any of us who have tried to lose weight.

Still, no matter how you approach it, the combinations of foods necessary for healthy human survival fall into the Basic Four format: Meats and Protein, Milk and Dairy, Breads and Cereals, and Fruits and Vegetables. At this time we are considering a fifth category of what is described as "calorie dense" foods. As you would imagine, the foods here are fats, sweets and alcohol. These foods have caloric value and little or no nutritional value but are realistically part of many diets and cannot be ignored.

One, two, eat a few Three — four, here's more

At a recent nutritional symposium I attended in Arizona, it was very encouraging to hear that as a nation "...we're doing better nutritionally than we think we are. We're actually pretty sensible," said Dr. Guarth Hansen, who holds the appointment of distinguished professor of nutrition and food sciences and biochemistry at Utah State University.

In his address "What Americans Are Eating Today," he showed us the results of many surveys from the American population and made some very interesting conclusions.

As you have heard from me many times befoe, we do eat far more protein than we need — almost twice as much. Our intake of calcium and iron, however, is less than we need, Hansen reports. We also seem to be a bit low in some of our B vitamins. But because we aren't absolutely sure of the requirements in this area, we really don't know how much supplement we need of these nutrients.

Do women eat better?

Generally speaking, "the quality of diets for men and women are surprisingly the same," said Hansen when reviewing some data from national surveys. However, it was found that men definitely eat less vitamin C (fruits and veggies) and less vitamin A (greens and yellow veggies, eggs, liver) than women do.

I'm wondering if this is possibly because men eat more meals out while on the job. Could we take restaurant foods to task on this? And yet, the American work force is being augmented by more and more women. Why do women choose different foods?

We could make some interesting speculations here — since we women seem to be the more diet-conscious sex. And yet, many of our fashionable diets are nutritionally outrageous and a source of concern in scientific communities. As Yul (otherwise known as the King of Siam) would say, "It's a puzzlement!"

The constant factor

One thing we have found out overall, stated Hansen, is that when we change or improve the diet of one member of the family, all the family follows. That makes the role of the family cook fairly clear to me. Hansen feels that "we have to teach people as a group to improve their diets." If one goes, so goes the family, so to speak. School districts, are you listening?

Nutritional time bomb

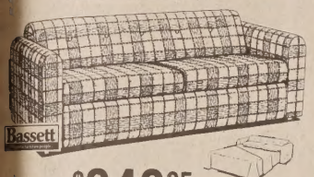
Nutritional deficiencies occuring early in life, which influence bone tissue, definitely influence the incidence of osteoporosis in later years.

Hansen, who is director of the nutrition and education information program for the USDA Science and Education Administration, was emphatic in his plea for balancing the diet through the application of the Basic Four Food Groups as a menu guide. For those of us preparing family foods, this means that each day we should adhere to the general rule of 2-2-4-4; two proteins, two dairy, four bread-cereals and four fruit-vegetable servings. For children and nursing mothers, the dairy requirement should go up, and for all of us, care should be taken to increase the iron intake. Supplements of vitamins A and D can be dangerously toxic, while excesses of the water-soluble B's and C's are easily eliminated. So says Dr. Hansen.

All in all, he emphasized that we should exercise moderation and variety in the choice and quantity of foods eaten. While that certainly is not a new concept, it is a

(Continued on Page 6)

SLEEPER SOFA SALE
IN STOCK



REG. $499.95 FULL SIZE $349.95

QUALITY-STYLE-VALUE

YOUR CHOICE of Herculon fabrics, in stock. All sofas have kilndried frames, double dowelled joints. Full size form mattresess. Local delivery is included. Savings also on our large selection of twin, full and queen sleepers by other famous brands.

IN STOCK FOR IMMEDIATE DELIVERY

Kiefer's
10086 San Pablo Ave.
(Corner of Central) El Cerrito
527-1511
HOURS: Mon.-Sat. 9:30 to 5:30

MARCH SPECIAL

3 CENT COPIES!!*

Offer expires 3/31/83

Free Pickup & Delivery (With minimum order)

Mon-Thurs 8AM-MID
Friday 8AM-8PM
Sat & Sun 9AM-7PM

*8½x11 white paper only.

Overnight service only. No charge sales. One coupon per customer. Present coupon when placing order. A.D.H. material only.

"It's A Miracle"

XEROX is a trademark of XEROX CORPORATION

CLEO'S DUPLICATION SERVICE
2425 Channing Way, Berkeley, CA 94704 843-6000

You earned it.

Let Bell help you keep it.

A Bell Savings IRA (Individual Retirement Account) can help you keep your hard-earned dollars. And help them grow. Funds deposited now can be deducted from your 1982 Federal Income Tax Return. That helps you keep your money. And Bell's high interest rates help it grow.*

Bell lets you choose from two types of IRA's — Fixed Rate or Variable Rate. With a Fixed Rate IRA, your interest is locked-in for the full term of the account. With a Variable Rate IRA, your deposits are invested to earn the highest rates available for this type of account.

If you've been thinking about opening an IRA come to Bell today. And if you need more information about IRA's, come to Bell's free IRA Information Mini-Seminar. You'll get reliable information and straight answers from Bell's staff of IRA experts.

*Substantial penalty for early withdrawal

Free IRA Information Mini-Seminar
Kensington
Tues., March 22, 7 pm
76 Arlington Ave.
RSVP: (415) 527-2223

BELL SAVINGS AND LOAN ASSOCIATION
Better than banking.

MEMBER FSLIC
Federal Savings & Loan Insurance Corp.
Your Savings insured to $100,000

GRAND/AUTO

SALE AD PRICES GOOD THRU SUNDAY 3-20-83

GRAND AUTO STOCKS QUALITY BRAND NAME PARTS AT LOW - LOW PRICES!

CHAMPION • MOTORCRAFT • WELLS • NGK
MONROE • FEL-PRO • BOSCH • AC DELCO
PUROLATOR • THRUSH • BENDEX

PLUS LIMITED 12 MO. WARRANTY ON REBUILT PARTS:
- CARBURETORS
- DISTRIBUTORS
- GENERATORS
- ALTERNATORS
- STARTERS
- STARTER DRIVES
- POWER STEERING PUMPS
- MASTER CYLINDERS
- WATER PUMPS

ASK STORE FOR DETAILS!

SALE AD PRICES GOOD THRU MAR. 20, 1983

HEAVY DUTY SHOCKS
GRAND RIDE
For a more comfortable, safer ride & better steering control. Sizes for many U.S. & import cars in stock.
INSTALLATION AVAILABLE
SAVE OVER 30%
6.44 EA.
A Product of Monroe Auto Equipment Co.
All #'s in Stock at One Low Price!

SPARK PLUGS
CHAMPION
REGULAR TYPE
For sure starts & better performance. Sizes for many U.S. and import cars in stock.
SAVE OVER 30%
LIMIT 16 79¢ EA.
Resistor Type.....97¢

GRAND PRIX FAN BELTS
Reinforced rubber construction! Sizes for many U.S. and import cars in stock.
fan belt
SAVE OVER 40%
1.79 EA.
All #'s in Stock Reg. Price to $3.69

WELLS
IGNITION TUNE-UP KITS
Includes points, condenser and rotor. Kits for many U.S. cars, except 8 cyl. GM cars, 1957-74.
SAVE OVER 30%
SAVE NOW
2.44 EA.
All 8 Cyl. GM Cars 1957-74.....2.88Ea.

Purolator.
SAVE OVER 40%
AIR FILTERS
Increases your car's performance!
#AFP-4, AFP-45, AFP-52, AFP-59, AFP-89, AFP-90
DO-IT-YOUR SELF & SAVE!
2.44 EA.
All Other Purolator Air Filters.....3.44Ea.

IGNITION WIRE SETS
TO FIT MANY U.S. CARS
MANY 6 CYL. 4.44
MANY 8 CYL. 5.44
SAVE OVER 40%
MANY 4 CYL.
GRAND AUTO CREDIT CARD
3.44 SET
#32040

SAVE OVER 20%
Remanufactured IMPORT CAR STARTERS or ALTERNATORS
Sizes for many import cars in stock. With rebuildable exchange.
YOUR CHOICE
29.88 EA.
ALL #'S IN STOCK AT ONE LOW PRICE!

THRUSH TURBO MUFFLERS
World famous for superior performance. Sizes for many U.S. and import cars.
SAVE OVER 25%
RED HOT
15.88 EA.
ALL #'S IN STOCK AT ONE LOW PRICE!

Grand Pro BRAKE SHOES
SETS FOR 2 WHEELS
Sets for many U.S. and import cars. With exchange
SAVE OVER 40%
INSTALLATION AVAILABLE
GRAND AUTO CREDIT CARD
3.79 SET
ALL #'S IN STOCK AT ONE LOW PRICE!

HYDRAULIC VALVE LIFTERS
Sizes for many U.S. cars in stock.
SAVE OVER 30%
DO-IT-YOURSELF AND SAVE!
2.49 EA.
ALL #'S IN STOCK AT ONE LOW PRICE!

SAN PABLO
2750 Rumrill Road
234-1280
W7-83

Senior centers

ALBANY

The center is at 846 Masonic Ave., 644-8500. Hours: Monday-Friday, 9 a.m.-5 p.m.; Saturday, 10 a.m.-4 p.m. and Sunday, noon-4 p.m.

Special Events

Crafts class by Pearl Cook every Monday, 1-3 p.m. No charge except for materials.

Across the generations, dramatic readings by participants in the creative writing class. From the recently published book by the same name. Saturday, March 19, 1 p.m. Free.

Potluck dinner, Sunday, March 20, 2 p.m., 50 cents donation plus a dish: A-F, dessert; G-L, vegetable; M-R, salad; S-Z, casserole. Center to provide turkey.

Music slide show of six week bicycle trip through Florida, by Gene Gordon. Sunday, March 20, 2:30 p.m. Donations accepted.

Podiatry screening, foot exams and consultation (no treatment), Tuesday, March 22, 8:45 a.m.

"Over-60" clinic. Donna Tully, physican's assistant will discuss alcoholism in the older adult, Tuesday, March 22, 3 p.m.

Blood pressure clinic, Monday, March 28, 1 to 3:30 p.m.

Classes

Monday: Art techniques and painting, 10 a.m.-1 p.m.; crafts, 1-3 p.m.

Tuesday: work and life, 10 a.m.; current world problems, 10 a.m. to noon; creative widowhood, no fee, 10 a.m.; English as a Second Language, 1 p.m.; folk & square dancing basics, 1 p.m.

Wednesday: current events, 10 a.m.; drama through the eyes of Shakespeare, 1 p.m.; Tai Chi, 1:30 p.m.

Thursday: group walking, 10 a.m.

Saturday: creative writing and poetry, 10 a.m.-1 p.m.

Social Security

Field representative at the center the first and third Friday of the month at 3 p.m. to answer questions.

Income Tax

Assistance, Mondays 9 a.m. to 3:30 p.m.; Tuesdays, 12:30-3:30 p.m. Thursdays, 1 to 4 p.m., Fridays, 9 to noon. Bring documents.

Continuing Events

Barber service, Thursday, 9 a.m.-noon. Donation requested.

Bingo, Thursday and Saturday, 10:30 a.m. Singalong, Thursday, 11:30 a.m.; bridge, Friday, noon-3 p.m.

Cards and conversation, Thursday, noon-5 p.m.; Saturday, noon-4 p.m.; Sunday, noon-4 p.m.

Chess group, Friday at 10 a.m.

Senior prom ballroom dance, Saturdays from 7:30-11 p.m. Donation, $2 (includes refreshments).

Blood pressure clinic, 4th Monday every month, 1 to 3:30 p.m.

Transportation

Call at least one day in advance for reservations for senior van shopping trips. Wednesday mornings: El Cerrito Plaza. Friday mornings: Solano Avenue. Requested donation, 50 cents per round trip. Albany residents only.

Taxi scrip available to Albany residents over age 60. Price from $4-10, depending on income. Apply Tuesdays,Thursdays and Saturdays, 10 a.m. to 2 p.m. Persons in wheelchairs may purchase special transportation vouchers.

Meals on Wheels

Home-delivered meals are available for Albany residents. The food is prepared at Alta Bates Albany Hospital and is delivered at midday by a volunteer driver. Regular, low-salt and diabetic meals are available. $12.50 per week.

To order, please call the center at 644-8500 one week in advance. Coordinator Velma Grasso will make all arrangements.

Bus Tours

Trips are sponsored by Albany Park and Recreation Dept. Make reservations with Myriam Heath, Tuesday at 1 p.m. and Thursday at 10 a.m. March 23 and 24, Reno overnighter, $25. Leave Memorial Park at 8 a.m.

Menus

The nutrition site meal is served at 4 p.m. Advance reservations are required. The suggested minimum donation for seniors is $1 plus 50 cents; $3.50 for persons under age 60. Monthly menus are available.

March 16, beef patty; March 17, corned beef; March 18, fish; March 21, Salisbury steak; March 22, chicken.

EL CERRITO

Open House

Located at 6500 Stockton Ave., behind the library; 526-0124. Drop in lounge open weekdays from 9 a.m.-2 p.m. Lunch daily at noon.

Classes

Mondays: 10 a.m., T'ai Chi; 1 p.m. bridge; 1:30, basic painting and drawing.

Tuesdays: 9:30 and 10:15 a.m., fitness; 10-11:30 a.m., introduction to the history of Contra Costa County; 1 p.m., grocery bingo.

Wednesdays: 9:30 a.m., mild exercise; 10:30 a.m., needlework; 12:30, knitting; 1 p.m. bridge.

Thursdays: 9:30 and 10:15 a.m., fitness; 10 a.m., Spanish conversation; 1-4 p.m., understanding modern art.

Fridays: 9 a.m. to noon, barber; 9:30 a.m., fitness; cash bingo, 1:30-3:30 p.m.

Special Events

There is now an 8-session class on home care for homebound older adults, taught by Nancy Gans.

Guest lecturers include: March 17, 3 p.m.-Ethel Hassman of the Cancer Society and 4 p.m., Claire Baver, public health nurse; March 24, 3 p.m.-Sylvia Scarborough of the Lung Society, 4 p.m.-Mary Doren on sensory deprivation; and March 31, Elizabeth Lowry on home health care services.

March 16, 23, 1-3 p.m., cooking for men only
March 18, 10 a.m., class on low back care
March 18, 12:30 p.m., Social Security representative Marva Brown
March 23, public health nurse, blood pressure

Christ Lutheran

Mondays, 9 a.m.-2 p.m. at 780 Ashbury Stockton.

Craft classes (pressed flower stationery, jewelry, weaving) are taught in the morning. $.50 noon. Afternoon program of information, speakers, munity singing, sit-down exercises and folk dancing.

The program is co-sponsored by the Richmond fied School Adult Education program.

St. John's Center

For El Cerrito residents 60 or over. Meets in the combs Building, 6510 Gladys St., Tuesdays from 2 p.m. Phone Tuesday only 234-2797 or center Gans at 529-1114.

The Center is part of the Richmond Unified Adult Education program. 9a.m., crafts; noon, 12:30 lectures. After lunch, the group has singing, sitdown exercises and folkdancing until

The March 22 program will feature Joan will demonstrate teletype communication service hearing impaired.

Community Center

Monday, 6-9 p.m. at El Cerrito Community 7007 Moeser Lane. Program: first week, bingo; second week, cards and games; third week, fourth week, cards and games. If there is a fifth special programs. For information call 525-6747.

Senior Citizens Club

Meets Thursday, 5-9 p.m. at St. John's Hall, Gladys and Lexington Streets. First Thursday month: business and cards; second, bingo; third, observances; fourth, potluck and cards; fifth, grams. For information: 526-7462.

Sakura Kai Center

For Japanese-speaking senior citizens, first Saturdays, 1-3 p.m. at 6510 Stockton St. Arts, cises, ceramics, "shigin" (poetry singing) and Social ty available. For information: William Waki, 525-

KENSINGTON

Activity center, Thursday, 9 a.m.-2:30 p.m. lington Ave. Morning meditation. Workshops table games bridge. Special programs after lunch bridge, clothing alteration class.

First Thursday, potluck lunch. Donate a food pay $1.50. For the rest of the month, lunch of cake and coffee is $.75.

EAST BAY

North Berkeley Center

1901 Hearst St., Berkeley, 644-6107. Open 8 a.m. to 4:30 p.m., gift shop opens at 10.

Slide shows for the month of March include March 16; "Minerals and Crystals," March 21 don, Amsterdam and Paris," March 27. Other note are blood pressure and health birthday 9.

In addition, two new classes are slated March: "Fun and Games" starts March 28 and In Space" begins March 22.

RCA Super Value Days at Kmart

The Saving Place®

March 17th thru April 17th, 1983

Open Daily 9:30-9, Sunday 10-6

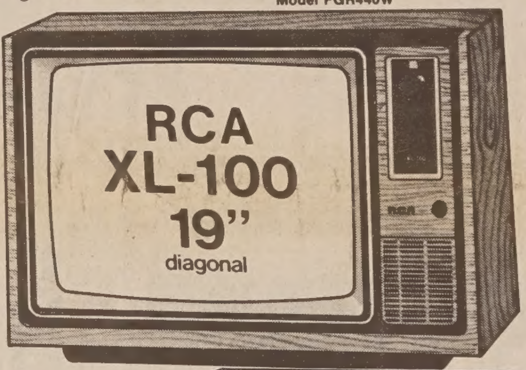
RCA

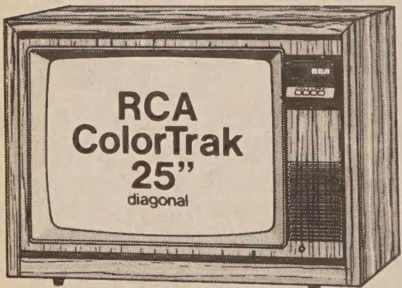
$297 Take-with Price

RCA® XL-100 Roommate® Color TV

You get brilliant color performance, plus the convenience and reliability of electronic tuning. Features include — RCA SignaLock® electronic tuning, automatic color control and fleshtone correction, automatic contrast/color tracking, super AccuFilter® black matrix picture tube.

Model FGR440W





$577 Model FGR530SR Take-with Price

RCA® ColorTrak® with Remote

Lets you scan up or down through all VHF or UHF channels.

$77 Model AGR128W Take with price

B/W AC/DC Playmate TV

Plays two ways: on AC house current or 12-volt cigarette lighter.

$497 Model GGR640S Take-with Price

RCA Color Console TV

SignaLock electronic tuning with one convenient control.

RCA

Model GGR697TR

$597 Take-with Price **RCA® ColorTrak® with Remote**

Model EGR358SR

$397 Take-with Price **RCA® ColorTrak® Small Screen TV**

Model EGR339FR

$347 Take-with Price **ColorTrak® with Digital Scan Remote**

RCA

Model EGA330S

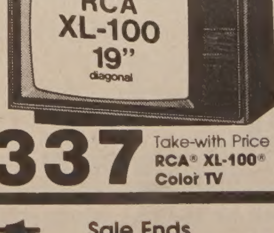
$237 Take-with Price **RCA® Compact Color TV**

Model FGR460WR

$447 Take-with Price **RCA® ColorTrak® TV with Remote Control**

RCA

Model FGC455W



$337 Take-with Price **RCA® XL-100® Color TV**

Hurry to Your Local Kmart The Saving Place℠

Sale Ends April 17, 1983

Pot luck

(Continued from Page 5)

recurring one of proven value. It's always good to hear it repeated by experts in the field.

Let's eat

An interesting bit of literature at the convention ed, "If there's any item on our menus that suffers battle fatigue...it's the low-calorie special (ground pattie, cottage cheese and sliced tomatoes)." Amen to that.

Here's a delicious-sounding recipe that offers ternative menu for only 385 calories. It consists teriyaki-style meat, an orange-olive tossed green a bran muffin. Here's the meat recipe. Watch for the recipe here next week.

Western Lite Broil

¼-cup soy sauce
2 T. water
1 T. lemon juice
1 T. honey
1 green onion and top, chopped
Dash garlic powder (or fresh clove, minced)
¼ lb. beef top round, flank or sirloin steak

Combine soy, water, lemon juice, honey, garlic. Add steak and turn to coat thoroughly. overnight or at least several hours.

Broil beef to medium rare (do not overcook) across grain into thin slices. Sprinkle lightly with sesame seeds, if desired.

This could also be served on a bed of rice calories per ½ cup, or in a pocket bread sandwich tasty to me. Cheers!

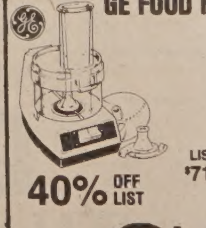
Olga Bier is a teacher, author and home Anyone with questions or suggestions for this write to her in care of the Times Journal, Ave., Albany 94706. Please enclose a self-stamped envelope for reply.

Times Journal classified ads Can help you sell anything. Call 525-2644

CWS

YOUR EVERYDAY VALUE DISCOUNT ST

GE FOOD PROCESSOR



• Slices, chops, grates, crumbs, yeast bread dough, reversible Food Disc. Stainless serrated-edge knife, On/Off and

40% OFF LIST

LIST $71.90

$42.9

(after $7.00 mfg.

CWS

Consumers Wholesale Stores

1552 Solano Ave., Berkeley 524-

Open Daily 9-7 Closed Su

Getting down to business

An Albany corner gets a new lease on life

By ROBERTA ALEXANDER

ALBANY — The recession may be hurting Albany in some ways, but it hasn't prevented the construction and occupancy of one new business building.

The two-story structure at 1201 Solano Ave. has room for six tenants, and is already five-sixths occupied. According to the building's owner, Albany realtor Hal Hoffman, four of the spaces were rented even before construction was complete.

Hoffman is proud of the building, which is stucco, with glass and wooden doors. There are three shops at ground level; on the second floor are three offices, each with a bay window overlooking the street.

"This lot was the Solano Avenue dogpatch before the building went up," said Hoffman, who added that he had heard "no negative comments" about the building's appearance.

The corner structure contains 2,800 square feet of space, and soon will have adjacent parking, when a house on Cornell Avenue is torn down. The downstairs tenants sell children's clothing, antiques and southeast Asian crafts.

Denise Lovdal is the owner of Popcorn: A Children's Store, which features new and recycled children's clothing through size 7. She saw the need for such a store when helping her pregnant sister shop for baby clothes, much of which they thought was of poor quality and/or too expensive.

"I'm a real chintzy shopper," Lovdal said with a smile. "I want something that's cute, nicely made, good quality, and a good price."

Times Journal photos by Karen Preuss

The new building fills a former vacant lot

Two other stores in the area also sell children's clothes, but Lovdal thinks there's room for all.

"The baby boom is having babies. And kids outgrow their things so fast, there's a good market for reselling the clothes," she said.

Next door, in the middle shop, is the new Courtyard Antiques, moved from Colusa Circle where it was located for three and a half years. Owner Charles Parker had once hoped to benefit from Kensington's planned development in that area, but it remains in the discussion stage.

The new store will be divided between country-style antique furniture — what Parker calls "functional, made for common, rural people — and stationery and gift items. These will include a "tasteful line of reproductions," he said.

The corner store belongs to the Laotian Handcraft Store. According to owner Sang Cho, himself a member of the Mien tribe in Laos, the shop does not yet have as much merchandise as it needs. Most of the material comes from a refugee camp in Thailand.

"The refugees in the camp come from Laos. They have nothing to do in the camp, and not enough food," Cho said.

So he arranged for them to embroider tablecloths, purses and other fabric items, which he purchases and resells in the shop. His prices are low, he says, because he charges only for his expenses and does not figure American wage scales into his prices.

"This lot was the Solano Avenue dogpatch before the building went up," according to owner Hal Hoffman.

He also sells articles on consignment made by craftswomen both in the Bay Area and in the state of Washington. His wife runs the shop during the week, and he comes down on weekends.

The offices upstairs are occupied by Filippine Holiday Travel, Inc. and Bare Fax, a word processing service.

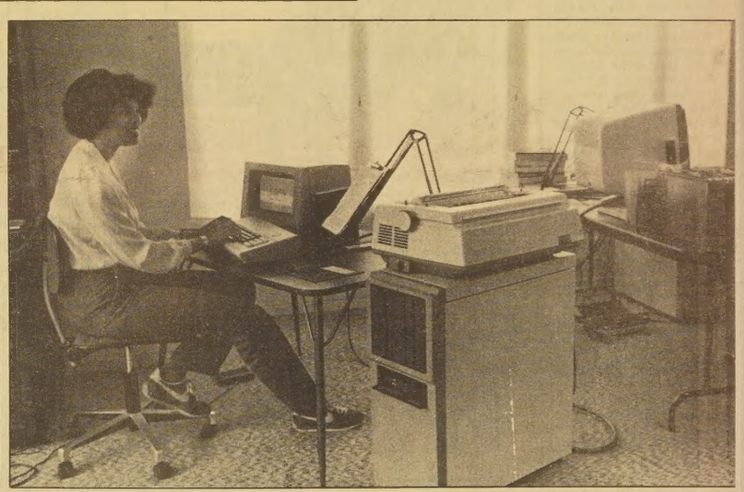
Sue Roach, manager of Bare Fax, said her business concentrates on doing resumes, multiple letters and reports for small companies which don't have their own word processors. For three years, Roach ran her service from her home.

"Last year I did $80,000 worth of business out of my washroom," she said.

Now she's got an office with five part-time typists and enough work to occupy her seven days a week.

"It's a lot for a woman with three kids under the age of four," Roach said with a laugh. "We were on food stamps when we started this business, so we've come a long way."

Denise Lovdal sells recycled children's clothing


At Bare Fax, Ethel Dell is a part-time typists

Hospital names new administrator

-Photo by Jeff Weissman

Ken Sargent

The Board of Trustees of Alta Bates Hospital has announced that Kenneth W. Sargent has assumed the position of executive vice president of the Berkeley facility as well as Alta Bates at Albany, a 39-bed satellite hospital specializing in stroke and head injury rehabilitation.

Sargent, who joined the hospital's management staff this year, has over 10 years of experience in hospital administration.

He most recently served as executive vice president of Mercy Health Center, a three-hospital, 673-bed system in Dubuque, Iowa. Other experience includes vice president for operations at Swedish American Hospital in Rockford, Illinois and assistant administrator at Evanston Hospital in Evanston, Illinois.

Sargent was selected after a nationwide search. He is an honor graduate of Yale University, with a masters of health administration from the University of Minnesota and a master of business administration from Loyola University.

He is a member of the American College of Hospital Administrators, American Hospital Association and American Management Association.

Concert is rescheduled

The spring concert by Berkeley Chorus Pro Musica, originally scheduled for Sunday afternoon, March 20 has been postponed.

It will be presented at 3 p.m., Sunday, April 17, Trinity Methodist Chapel, 2320 Dana Street in Berkeley.

For more information please call 652-3287.

A designing man

Michael D. Thomas of Kensington has been named principal and vice president of MWM, Mackinlay/Winnacker/McNeil & Associates, Inc., an Oakland architectural, planning and interior design firm. Thomas, 41, has been with MWM since 1967 and spent five years in the firm's Guam office. He is currently the project manager for the Marina Bay Development in Richmond.

Schuyler joins Navy

EL CERRITO — Navy Seaman Recruit Scott Schuyler, son of Yvonne M. Schuyler, El Cerrito, has completed recruit training at the Naval Training Center, San Diego.

Moving up

The board of directors of American Savings ha appointed Ronald Duerksen assistant vice pres dent. Duerksen, who is presently the saving branch manager of the Association's El Cerrit office, has a bachelor's degree in business a ministration from San Jose State University.

Coming up

Trip set to Hearst Castle

KENSINGTON — Kensington Community Council is sponsoring a two day excursion to Hearst Castle on Tuesday and Wednesday, April 19-20.

The cost is $85 per person for double occupancy accommodations and $99 for single occupancy, and includes lodging at San Simeon Lodge, round trip charter bus, two tours of Hearst Castle, and visit to Cambria.

Payment is due by March 15 to K.C.C., c/o 26 Highgate Road, Kensington, CA 94707, marked "Castle" and including your telephone number. Bus leaves Kensington Library at 8 a.m. Call 524-1641 if you have questions."

Sculptor's exhibit set

KENSINGTON — Sculpture Studio and Gallery at 450 Colusa will feature sculptures in stone and wood by Ishmael Rodriguez, April 6 through May 7, 1983.

An opening reception will be held Saturday, April 9, 1 to 5 p.m. Gallery hours are Wednesday to Saturday, 11 to 4 p.m.

Artists show in gallery

The East Bay Artists' Association will present a variety of artistic works at the Alta Bates Hospital's Community Art Gallery March 6 through May 6.

Open daily between 7 a.m. and 8 p.m., works are available for viewing and/or purchase in the hospital's main lobby at 3001 Colby Street in Berkeley. There is no admission charge.

Tips on importing

Vista College in Berkeley will offer a free one-day course, "Starting Your Own Import/Export Business," on Saturday, March 19, from 8:30 a.m. to 5 p.m., at the college, 2020 Milvia Street.

Joyce Hibbard, instructor for the course, started Hibbard Associates, an international freight forwarding business two years ago, and introduced a unique student intern system with UC-Berkeley. Through this system, students receive a stipend for expenses and can receive credit at the university for the work.

Information on the course is available through Vista College, 841-8431.

Wheeler gets gun training

Navy Pfc. Robert B. Wheeler, son of John T. and Beatrice C. Wheeler of El Cerrito, was graduated from Basic Aviation Ordnanceman School.

During the nine-week course at the Naval Air Technical Training Center, Willington, Tenn., students received an introduction to aviation ordnance fundamentals and the weaponry contained in Navy and Marine Corps aircraft units.

They studied aircraft guns, bombs and missles plus the procedures and safety precuations for the storage and handling of aviation ammunition.

Chiropractor gets aide

THOUSAND OAKS — Dr. Joan Hangarter, director of Solano Chiropractic Office, announces the addition of Jan Dederick, D.C. to her staff.

Dederick, a recent graduate of Life Chiropractic College West, in San Lorenzo, will sit the State Licensing Boards in May; until this time she is performing physical, orthopedic, neurological and x-ray exams.

The office at 1738 Solano Ave. opened in June 1982. It specializes in the treatment of industrial injuries, automobile accidents and family care.

Daycamp set for Easter

EL CERRITO — The El Cerrito Community Center is now accepting sign-ups for Easter daycamp, which will be held at Casa Cerrito during the week of M[illegible] 28-April 1.

The camp includes [illegible] games, sports, club[illegible] and special guests. [illegible] ers will also go roller[illegible] at a rink on Thu[illegible] morning. Swimmin[illegible] scheduled on Mo[illegible] Wednesday and Fri[illegible] ternoons, weather pe[illegible] ting.

The site is open [illegible] 7:30 a.m. - 6 p.m. or[illegible] ers can sign-up [illegible] from 9-3:30. For add[illegible] informatin call 525-[illegible]

Strictly political

Help roast Tom Bates

What are Speaker of the Assembly, Willie Brown, Jr., Assemblywoman Maxine Waters, Cal Football coach Joe Kapp, San Francisco supervisor Nancy Walker, Chancellor Ira Michael Heyman, Congressman Ron Dellums, Supervisor John George and others saying about Assemblyman Tom Bates?

Find out March 18 when a celebration for Assemblymn Tom Bates, "Toast and Roast for Ten Years of Public Service," will be held.

The dinner will be held at H's Lordships Restaurant in the Berkeley Marina. Cocktails at 6 p.m., dinner at 7:30, program at 8:30 and dancing till 1 p.m. Tickets are $60. For more information call 527-0717.

Mail bag

Sign of the times

We would like to correct two misstatements of fact expressed by Bob Groppo last week:

We not only did not "champion" the fight against the Liquor Barn, we did not oppose its establishment at all.

We do not oppose the city's sign ordinance, only its retroactive and illegal application. We are handling that opposition "within the system."

Doug and Carol Walker
Michael's Liquor Store, Albany

Obituary

Mary Moeller

KENSINGTON — Funeral services were held last week for Mary L. Moeller, longtime local resident and registered nurse, at Ellis-Olson Mortuary.

A native of Winnipeg, Canada, Mrs. Moeller died March 7 in a Berkeley hospital. She was 75.

She was on the nursing staff at UC-Berkeley's Cowell Hospital for 45 years. She was a member of St. Jerome's Catholic Church of El Cerrito and the Arlington Women's Club.

She is survived by her husband, Clarence A. Moeller; a son, Phillip K., of Forestville; two daughters, Andrea Dye of Half Moon Bay and Marilyn C. Flowers of Rohnert Park; four sisters, Margaret, Irene, Yvonne and Annette; a brother, Anthony, and 11 grandchildren.

Burial was at St. Jerome's Catholic Church, and committal was private.

The family prefers donations to the American Heart Association or a favorite charity as expressions of remembrance.

WITH THE LUCK O' THE WIN IN THE $2,000,000

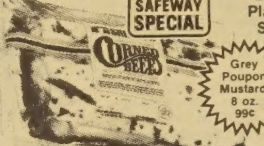
Arthur Hosmer from Oakland is the lucky winner of $50,000 in the Safeway-McDonalds Landmark Game. You can win too!

Here we grow again. Visit our New Super Store at 1799 Marlow Road in Santa Rosa. Opens March 19th.

Cudahy Canned Ham

Super Special Price! Buy for Easter Now!
SAFEWAY SPECIAL
$8.97 5-lb.

Shenson Corned Beef



Brisket, Old Fashioned, Plain or Oven Roasted or Safeway, Mild or Spicy
SAFEWAY SPECIAL
Grey Poupon Mustard, 8 oz. 99¢
$1.59 lb.

Boneless Steak

Full Cut, Round, Safeway Quality Beef
SAFEWAY Quality BEEF
(Boneless Rump Roast, lb., $2.19)
$1.99 lb.
SAFEWAY SPECIAL

Round Tip Roast — Boneless, Safeway Quality Beef — $2.38 lb.

Rainbow Trout — Fresh — $1.99 lb.

Fryer Wings — Frozen (Drumsticks, lb., 89¢) — 5-lb. $2.19

Lamb Shoulder — Fresh Roast, Sliced & Tied, USDA Choice — $1.99 lb.

Chicken Patties — Breast & Thigh Meat, Frozen Fresh Thawed — $2.59 lb.

Sliced Bacon — Smok-A-Roma (Safeway Thick Sliced Bacon, 1½ lb., $2.89) — 1-lb. $1.59

Boneless Top Sirloin Steak — Safeway Quality Beef — lb. $2.99
Swiss Steak — Boneless, Bottom Round, Safeway Quality Beef — lb. $2.59
Eye of Round Roast — Safeway Quality Beef — lb. $2.69
Fresh Ground Chuck — Made Exclusively from Beef Chuck, Does Not Exceed 26% Fat — lb. $1.89
Large Cooked Shrimp Meat — Frozen Fresh Thawed — lb. $5.99
Fresh Pork Butt Roast — Bone-In — lb. $1.59
Fresh Lamb Rib Chops — USDA Choice — lb. $3.49
Lamb Blade Chops — Shoulder, Fresh, USDA Choice — lb. $2.49
Whole Dungeness Crabs — Frozen Fresh Thawed — lb. $2.79

Turkey Drumsticks — Frozen Fresh Thawed — lb. 49¢
Steak Umm — Beef Sandwich Steaks, Frozen — 14-oz. $2.99
Steak Umm — Beef Sandwich Steaks, Frozen — 24-oz. $4.99
Swift Sizzlean — Breakfast Strips, Regular, Brown Sugar or Beef — 12-oz. $1.69
Swift Brown & Serve — Pork Sausage Links, Frozen — 8-oz. $1.29
Breakfast Sausage Rolls — Rath, Reg. or Hot, Frozen — 1-lb. $1.09
Chicken Franks — Manor House — 1-lb. 89¢
Fresh Rack of Lamb — USDA Choice — lb. $3.29
Lamb Round Bone Chops — Fresh, USDA Choice — lb. $2.59

Pork Chops

Center Cut, Pork Loin
SAFEWAY SPECIAL
(Pork Sirloin or Blade Chops, lb., $1.79)
$1.99 lb.

Stouffer's

Macaroni & Cheese, Frozen Entree, 12 oz.
SAFEWAY SPECIAL
SAVE 46¢
99¢

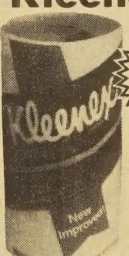
Super Soft

Bread, Mrs. Wright's, 1½ lb. Long Loaf
SAFEWAY SPECIAL
SAVE 38¢ on 2
2 for $1

Imperial

Margarine, 1-lb. in Cubes
SAFEWAY SPECIAL
SAVE 16¢
59¢

Kleenex Towels

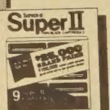


Roll
SAVE 14¢
SAFEWAY SPECIAL
59¢

RAINBOW OF SOFTNESS

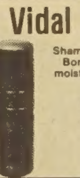
Kleenex Facial Tissue — 200 count — 79¢
Kleenex Facial Tissue — 280 ct., 15¢ OFF LABEL — 99¢
Kleenex Napkins — Dinner, 60 ct., 10¢ OFF LABEL — 79¢
Kotex Tampons — Security, 30 count — $2.39
Kotex Mini Pads — 30 count — $1.75
Kotex Super Napkins — 30 count — $2.99
Kotex Maxi Pads — 30 count — $2.39
Kotex Light Days — 30 count — $1.79

Schick Super II



Cartridge, 9 count
$2.79
SAVE 90¢

Vidal Sassoon



Shampoo or Finishing Rinse, Bonus Size, 16 oz. or Remoisturizing Creme, 5⅓ oz.
$2.39
SAVE $1.30

Excedrin Capsules $1.99

Extra Strength, 40 count, in New Tamper Resistant Packaging, SAVE $1.00

Curity Soft Puffs 260 ct., SAVE 10¢ 59¢

Cepacol $1.79
60¢ OFF LABEL, 24 ounces
SAVE $1.80

Coke, Diet Coke

or Tab, 6-16 oz. Returnable Bottles (Plus Deposit)
SAFEWAY SPECIAL
88¢

SAVE 30¢ off one six pack of Coke, Diet Coke or Tab in 16 oz. Returnable Bottles

NOTE TO DEALER: For each coupon you accept as our authorized agent, we will pay you the face value of this coupon, plus 7¢ handling charges, provided you and your customers have complied with the terms of this offer. Any other application constitutes fraud. Invoices showing your purchase of sufficient stock to cover all coupons must be shown upon request. Void where prohibited, taxed, or restricted. Your customer must pay any required sales tax and bottle deposit. Cash value 1/20 of 1¢. Redeem by mailing to The Coca-Cola Company, P.O. Box 1504, Clinton, Iowa 52734. OFFER GOOD ONLY IN AREA SERVED BY: Coca-Cola Bottling Company of California. ONLY ONE COUPON PER REQUIRED PURCHASE.

Limit one per coupon. One coupon per family please. Valid March 16, 1983 thru March 22, 1983, at all Safeway Stores listed below.

SAFEWAY Bake Shop

Chocolate Fudge Cake — Large 8 inch Two Layer Cake Filled & Iced with Yummy Fudge (You Save $1.26 each) — ea. $4.99
Apple Strudel — A Delicious Dessert with Ice Cream (You Save 80¢ each) — ea. $1.59
Cinnamon Rolls — A Delicious Breakfast Treat (You Save 70¢ a Package) Pkg. of 12 — $1.99
Cookie Bucket — Three Dozen Assorted Cookies (You Save $1.55 each) — ea. $3.79
Available at In-Store Bake Shops only.

Landmark Game Tickets are available at 437 Stores: 198 McDonalds and 239 Safeway Stores in Northern California only. Must be 16 years or older to play. No purchase Necessary. Only one ticket per visit. See complete details at stores.

SAFEWAY®/McDONALDS® $2,000,000 LANDMARK GAME
ODDS CHART EFFECTIVE MARCH 6, 1983

PRIZE LEVEL	APPROX. TOTAL RETAIL VALUE	TOTAL NUMBER OF PRIZES	ODDS IN 1 VISIT*	ODDS IN 12 VISITS*	ODDS IN 24 VISITS*
ARV Approx. Retail Value as of February 7 1983					
$50,000 in Cash	$ 50 000	1	1 in 45 016 000	1 in 3 751 334	[illegible]
$10,000 in Cash	$ 30 000	3	1 in 15 005 333	1 in 1 250 445	[illegible]
$5,000 in Cash	$ 35 000	7	1 in 6 430 857	1 in 535 905	[illegible]
$2,500 in Cash	$ 22 500	9	1 in 5 001 778	1 in 416 815	[illegible]
$1,000 in Cash	$ 43 000	43	1 in 1 046 884	1 in 87 241	[illegible]
$100 in Cash	$ 38 800	388	1 in 116 021	1 in 9 669	[illegible]
$100 in Safeway Gift Certificates	$ 19 600	196	1 in 229 673	1 in 19 140	[illegible]
$100 in McDonald's Gift Certificates	$ 19 500	195	1 in 230 851	1 in 19 238	[illegible]
One Pass to Marine World Africa USA (ARV $9.95)	$ 296 012	29 750	1 in 1 513	1 in 127	[illegible]
$5 in Cash	$ 29 155	5 831	1 in 7 720	1 in 644	[illegible]
McDONALDS FOOD PRIZES					
Big Mac Sandwich (ARV $1.25)	$ 123 051	98 441	1 in 457	1 in 38	[illegible]
Egg McMuffin Sandwich (ARV $1.15)	$ 101 881	88 592	1 in 508	1 in 42	[illegible]
Filet-O-Fish Sandwich (ARV $.85)	$ 25 097	29 526	1 in 1 525	1 in 128	[illegible]
Med. Size Coca-Cola (ARV $.55)	$ 36 094	65 625	1 in 686	1 in 57	[illegible]
Reg. Size Order of French Fries (ARV $.50)	$ 32 813	65 625	1 in 686	1 in 57	[illegible]
Hash Browns (ARV $.45)	$ 29 531	65 625	1 in 686	1 in 57	[illegible]
SAFEWAY® FOOD PRIZES					
Lucerne Single Wrap Cheese Food (8 oz. pkg) (ARV $1.59)	$ 53 046	33 362	1 in 1 349	1 in 113	[illegible]
2 Liter Bottle Coke, Sprite, or Tab (ARV $1.59)	$ 92 746	58 331	1 in 772	1 in 64	[illegible]
Safeway Meat Bologna (8 oz. pkg) (ARV $1.16)	$ 61 030	52 612	1 in [illegible]	1 in 71	[illegible]
Foster Farms Chicken Franks (16 oz. pkg) (ARV $.99)	$ 58 323	58 912	1 in [illegible]	1 in 64	[illegible]
Bel-air Frozen Orange Juice (6 oz. Can) (ARV $.67)	$ 45 334	67 662	1 in [illegible]	1 in 55	[illegible]
Mrs. Wright's Super Soft Bread (1-1-lb. Loaf — White, Wheat or Sandwich) (ARV $.49)	$ 38 358	78 281	1 in 575	1 in 48	[illegible]
TOTAL	$ 1,280,870	798,017	1 in 56	1 in 5	[illegible]

Note: Approximately 45,016,000 total game pieces to be distributed in this game.
*The odds of winning Collection Winner prizes are based upon obtaining the one rare game stamp of the applicable number of game stamps needed for that Collection Series.
Coca-Cola, Coke, Tab and Sprite are registered trademarks of The Coca-Cola Company.

Items and prices in this ad are available March 16, 1983, thru March 22, 1983, at all Safeway Stores in the following counties: Solano,* Napa, Sonoma, Marin, Contra Costa, Alameda, San Francisco, San Mateo, Santa Clara, Monterey and Santa Cruz. *Prices not effective in Vacaville or Fairfield. No sales to Restaurants, Dealers or Institutions. Sales in retail quantities only.

SAFEWAY

Police beat

ALBANY

Albany police report the following incidents for the ending March 13:

March 7

Douglas Etchison, 200, and a 16-year-old boy, both Richmond, were arrested after allegedly being ob- taking a portable blower from a car parked on ton Avenue. The blower, worth $350, was returned to wner.

March 9

A 42-year-old woman who lives at the Gateview high- omplex fended off a would-be robber by kneeing him groin. The suspect, described as a tall man in his 20s, had grabbed her purse and displayed a knife she resisted. After her counter-attack, he limped off n.

March 11

A 66-year-old woman returning to her Curtis Avenue home in the evening was robbed on her doorstep. The culprit pushed her to the ground, grabbed her purse and fled.

March 12

The cashier of Hillside Catering on Eastshore Highway reported that a bank bag containing an estimated $1,-500 had disappeared from under a counter.

March 13

Someone broke into a car in the Gateview garage and removed a radio-cassette deck and speakers, worth some $850.

Albany police recorded 14 adult arrests during the week.

EL CERRITO

El Cerrito police report the following incidents for the week ending March 13:

March 9

St. John's church on San Pablo Avenue reported that someone had stolen a large gate, complete with hinges, during the night. The loss amounted to $500.

A burglar broke a window of an apartment on the 6000 block of Avila, entered and took a $500 television set.

March 10

A burglar who entered a residence in the 8300 block of Kent Court left with $1,628 worth of loot, including $690 in cash and $150 in jewelry.

A Richmond woman was accosted while walking to her car in the parking lot of El Cerrito Plaza, but the man ran off after grabbing $20 which she had dropped.

March 12

A salesclerk at Winchell's Donuts on San Pablo Avenue reported that a man had opened the cash register and taken out $72 in cash, saying, "This is about all I need."

Yardage Fair at Eureka and San Pablo Avenue reported that a man had run out with two bolts of wool fabric worth $550.

Police recorded 8 adult arrests during the week.

Coming up

Class set on career aid

ALBANY — Career consultant Sue Aiken, M.A., of Herrick LifeCare Systems in Berkeley, will offer a career/life management series for men and women each Wednesday evening in March from 7 to 9 p.m. at the Albany Senior Center, 846 Masonic Ave.

Aiken designed the series, to be taken as a unit or separately, for persons who are seeking direction in their lives. Topics covered will be Setting Your Course (March 9), Choices for Tomorrow (March 16), Skills to Get the Job (March 23) and The Whole Picture (March 30).

Fee for the series is $10 per session or $45 for the entire series. Pre-registration is required. For more information or to register, call 548-3666.

Library sets story time

ALBANY — Pre-school story time at the Albany Library, 1216 Solano Ave., resumed on Thursdays, at 10:30 a.m.

The program, for children ages three to five, includes some singing and stretch activities in addition to the reading of traditional contemporary children's stories.

No registration is required, but parents are encouraged to sign up their children in advance to allow time for name tag preparation. Each session will last about 40 minutes; the program will continue through May 12.

There is no room at this program for organized groups; Albany pre-school and daycare groups may inquire about regular programming.

For more information, call Elizabeth Overmyer or Zoe Kalkanis at the Albany Library, 526-7866.

Kidstuff hears songs

On Sunday, March 20, Kidstuff Productions presents a program of singing by Tom and Gwen Hunter at the Julia Morgan Theatre, 2640 College Ave., Berkeley.

Shows are at 11 a.m. and noon. Tickets are $1 for kids; $2, adults, available at the door. For information call 527-4973.

Kidstuff is a regular performing series for children every first and third sundays each month.

Meeting set on elderly

The Over-60 Health Clinic in Berkeley is sponsoring a conference on supportive services for homebound elderly on Saturday, March 19, from 8 a.m. to 4 p.m. at the West Berkeley Senior Center, 1900 - 6th St.

Homebound elderly require long-term care and supportive services (medical, social, legal, home, personal and financial help) in order to remain out of institutions.

This conference will consider the assessment of frail homebound elderly, the special needs of their caretakers, and supportive services available in the Bay Area. For more information, phone Ben Kleinstein at 644-6060.

Zonta Club holds sale

One person's trash is another's treasure, and the Zonta club of Berkeley is planning its annual Trash and Treasures sale.

The sale will be held March 19 and 20 from 10 a.m. to 4 p.m. at the old Smith's store, 2178 Shattuck Avenue, Berkeley.

Proceeds will benefit the club's service fund. The chapter is a member of Zonta International, a classified service organization of business and professional women.

IRISH YOU COULD $50,000 McDonald's LANDMARK GAME!!!

Just a few of the lucky WINNERS!

Conchita Fernandez	S.F.	$10,000
Ray A. Grijalva	Tracy	$5,000
Thomas Orth	Arcata	$2,500
Hilda Baca	San Francisco	$1,000
Lourdes Breedlove	Moraga	$100
J. Craig Hamilton, Jr.	Carmel	$100
Laura Bryant	Sacramento	$100
Doris A. Burke	Campbell	$100
Opal Honning	Campbell	$100
Marian C. Jones	Clupper Mills	$100
John Leong	San Mateo	$100
Geneva A. Lowry	Red Bluff	$100
R. Ethel Riley	Upper Lake	$100

SAFEWAY the PLACE TO BUY FRESH PRODUCE!

Thompson Seedless
Grapes, Imported Fresh from Chile just for you
SAFEWAY SPECIAL 88¢ lb.

Sunkist Oranges
SAFEWAY SPECIAL
Sweet, Juicy Navels Loaded with Vitamin C
8 lbs. $1

ITS TIME FOR IRISH STEW
Clip Top Carrots
Red Potatoes
Turnips
Rutabagas
Your Choice 4 lbs. $1

Head Lettuce
Fresh, Crisp and Crunchy, Iceberg Variety from California
SAFEWAY SPECIAL 3 for $1

WIDEST SELECTION AND VARIETY IN TOWN!
OVER 100 PRODUCE ITEMS

Blooming Heather
First of the Season, Grown in Watsonville! 4 inch Pot
2 for $3

Yellow Onions — Add Zesty Flavor to Tonights Dinner — 6 lbs. $1
Red Delicious Apples — Washington Extra Fancy — lb. 49¢
Minneola Tangelos — Sweet & Easy to Peel — lb. 39¢
Centennial Yams — Great for Baking — 4 lbs. $1

Now at Safeway from the Far Corners of the World!
Fresh Endive from Belgium
Juicy Watermelons from Mexico
Sweet Nectarines from Chile
Bartlett Pears from Australia
Fresh Peaches from New Zealand

Fresh Avocados
Try Thin Slices over a Hamburger made with Safeway Quality Fresh Ground Chuck for an Excitingly Different Meal
SAFEWAY SPECIAL 4 for $1

Egg Noodles
Town House, Wide or Extra Wide, 12 oz.
SAFEWAY SPECIAL
SAVE 50¢ on 2
2 for $1

Ice Milk
Lucerne, Half Gallon
SAFEWAY SPECIAL
SAVE 66¢
$1.19
(Weight Watchers Treat, Frozen, 6 ct., $1.19, SAVE 20¢)

Old Bushmills, John Jameson
SAFEWAY SPECIAL
Irish Whiskey, 80 Proof, 750 ml. (10% Case Discount Does Not Apply)
SAVE $2.01
$8.98 Your Choice

Friskies Buffet
SAFEWAY SPECIAL
Cat Food, 6.5 oz. (Case of 24, $8.00, SAVE $2.64)
SAVE 33¢ on 3
3 for $1

Announcing the Carnation Pet Food Big Variety Show.
SAVE UP TO $10.00 when you meet all requirements
Refund forms available at special displays of:

Mighty Dog	Dog Food. 6.5 oz.	37¢
Come 'N Get It	Dog Food. 4 lbs.	$2.19
Come 'N Get It	Dog Food. 40 lbs.	$12.99
Chef's Blend	Cat Food. 18 oz.	89¢
Little Friskies	Dinners. 3.5 lbs.	$2.49

NATURAL FOODS
Roasted Trail Mix Bulk
$2.97 lb.
Available at Natural Food Centers only.

Laura Scudder's
Potato Chips, Big 1-lb. Bag. SAVE 80¢
$1.29

MJB Coffee
2 lbs. SAVE 46¢ (Edwards. 2 lbs. $4.19. SAVE 20¢)
$4.39

St. Patrick's Day Specials

Baileys
Irish Cream. 34 Proof. 750 ml. (10% Case Discount Does Not Apply)
$12.49 SAVE $3.70

George Killian's
Irish Red Ale, 6-12 oz. Bottles
$2.39 SAVE 80¢

Paul Masson	Emerald Dry or Rhine Castle. 750 ml. (Case Price. $24.00)	3 for $6
C.K. Mondavi	Table Wines. Chablis. Zinfandel or Burgundy. 1.5 liter (Case Price. $16.20)	2 for $6
Wente Bros.	Grey Riesling or Le Blanc de Blanc. 75 liter (Case Discount Does Not Apply)	2 for $6
Parducci Wines	French Colombard or Gamay Beaujolais. 75 liter (Case Discount Does Not Apply)	2 for $6

Hamm's Beer
12 Pack, 12 oz. Cans. BUY 2 SAVE $1.25
2 for $6

Guinness Stout
4 Pack of 11.3 oz. Bottles, BUY 2 SAVE $1.38
2 for $6

Fleischmann's Vodka
80 Proof, 1.75 liter
SAVE $1.71
$6.98

10% Case Discount on Wines & Liquors, selected advertised specials excluded. No sales in excess of 20 gallons. No sales for resale. At licensed Safeway Stores only.

SUPER SPECIAL
SAFEWAY SPECIAL
SAVE 30¢
Seneca Apple Juice
Frozen, 12 ounces
69¢

AGRICULTURE America's Heartbeat
Agriculture Day • March 21, 1983

Marriot's Great America Half Price Children Tickets on Sale at Safeway for $5.95 each

HURRY! Diamond-cut Zirconia Tape Saver Promotion Ends March 23, 1983.

Coping with RUSD closures: Parents do have a choice

By BARBARA ERICKSON

Parents of students in the five Richmond Unified schools to be closed next year can send their children to any of the other 44 elementary sites if they make their requests by the end of April.

To ease the pain of readjustment, the school board voted Wednesday to let parents from El Monte, Balboa, Rancho, Serra, and Kerry Hills select their children's schools for the coming year as long as space is available.

This would apply to entering kindergarten students as well as those who are enrolled currently.

Notices to parents advising them how to choose sites, school officials said. Parents are to register children entering kindergarten next year in their present neighborhood schools, even if they are targeted for closing.

Meanwhile, parents at the five targeted sites are starting to "shop around" for a new school.

Edgel Watson, Rancho principal, said, "Many people are calling, especially about where they are going next year."

El Monte principal Steve Cederborg said parents have asked him "which schools in the immediate area have the best academic standing."

But at all of the sites, parents and staff were feeling nostalgic.

"Most are pretty sad," Sexton said, and Watson said, "Once the hard fact hits you, it makes a lot of difference."

The board also has agreed to look again at the need for crossing guards and traffic signals. The closings will reroute some students across dangerous intersections, they said, and more guards may be needed.

The district and the city of Richmond are negotiating the issue of crossing guards now, to decide who will pay for which guards and where the guards will be stationed.

Board members also directed the staff to begin immediately on a marketing strategy for the closed sites, but they disagreed on whether to rent the buildings to private schools.

Board members Don Lau and Eddie [illegible] said they oppose [illegible] to "compete" [illegible] board member [illegible] ton said he did [illegible]

"I don't wan[illegible] midated by [illegible] schools," he [illegible] we've already [illegible] to private schools [illegible]

STORE WIDE DISCOUNTS! SAVINGS TO OVER 40

GRAND/AUTO

YOUR COMPLETE 'AUTO PARTS HOUSE'
AD PRICES GOOD THRU 3-20-83

MONEY SAVER!
VALVOLINE MOTOR OIL
SAE 10W-40 Detergent Oil
SAVE OVER 25%
93¢ QT.
LIMIT 12 QTS.

MONEY SAVER
PUROLATOR OIL FILTERS
Cleans your oil and protects your engine! All Ford and Chrysler Cars. #PER-1, 81
MANY OTHER U.S. & IMPORT CARS ..... 2.68 Ea.
2.3

BERRYMAN CHEMTOOL
Dissolves gum and varnish. Cleans carburetor, choke shaft, PCV valves. #B100B
13 OZ. SPRAY CAN
1.47 EA.
SAVE OVER 35%

2¼ Ton Hydraulic GARAGE JACK
Great lifting power to raise any car quickly and easily.
#502
129.88 EA.
SAVE OVER 20%

Motorcraft & Delco IGNITION TUNE-UP KITS
SAVE OVER 35%
Many 6 Cyl. GM 1962-74 .. 3.77 EA.
Many GM 8 Cyl. 57-73, Ford 8 Cyl. 68-73 & 6 Cyl. 72-74 ..... 4.77 EA.

STP GAS TREATMENT
Helps keep carburetors clean. Just pour it in your gas tank.
8 OZ.
87¢ EA.
SAVE OVER 35%
GAS HELPER!

POWER KING POLYESTER
Polyester cord for a smoo[illegible] Resists impact, blow-outs [illegible] fatigue.
BLACKWALLS
19.9[illegible] ATR
Plus $1.42 F.E.T. and [illegible]

B78-13	26.99	G78-14	[illegible]
D78-14	32.99	G78-15	[illegible]
E78-14	33.99	H78-15	[illegible]
F78-14	34.99	CHARGE IT!	

Plus F.E.T. from $1.53 to $2.43 and EXCHANGE

SALE!
TORQUE WRENCH
Dual reading scale. Chrome alloy steel. Professional quality!
Full Unlimited Tool Warranty at Your Grand Auto Store!
#13280
6.44 EA.
SAVE OVER 40%

FOR IMPORTS
NGK BOSCH
SAVE OVER 20%
SPARK PLUGS
Sizes for many European and Japanese import cars. Non Resistor Plugs LIMIT 16
89¢ EA.
NGK Resistors ..... 1.09 Ea.
Mazda B7EM, B7ET 1.89 EA.
Motorcycles & Mazdas B8EV, B9EV BR7EM, BR7ET 2.69 EA.

REMANUFACTURED WATER PUMPS
WITH REBUILDABLE EXCHANGE
SAVE OVER 30%
Chevy 6 Cyl. 62-68, Ford 6 Cyl. 62-75, Plym. 6 Cyl. 61-76 .. 10.88 EA.
All Other #'s in Stock .... 13.88 Ea.
SAVE OVER 25%
IMPERIAL FAN CLUTCH
Non-thermal; For many Ford, GM & Chrysler Products 15.88 EA.

WIRE WHEEL COVERS
Triple chrome plated hub cover is designed to duplicate the look of a wire wheel. Removable for easy cleaning.
13", 14", or 15" YOUR CHOICE
#5300, #5301 or #5302
12.44 EA.
SAVE OVER 30%

SAVE $
THE IMPORTED 'ESPRI[illegible]
Steel Belted RADIAL 24[illegible]
• TOUGH STEEL BELTS AND SHOULDERS GIVE EXTRA GRIP.
• SUPERIOR HIGH SPEED PERFORMANCE.
Plus $1.33 F.E.T. [illegible]
42,000 Mile WEAROUT WARRANTY*

BLACKWALLS EACH OR IN PAIRS		IN SETS
155SR12	26.99	24[illegible]
155SR13	31.99	28[illegible]
165SR13	34.99	32[illegible]
175SR13	37.99	35[illegible]
175SR14	40.99	38[illegible]
185SR14	43.99	41[illegible]
165SR15	40.99	38[illegible]

Plus F.E.T. from $1.33 to $2.24 and Exchange

AUTOMATIC TRANSMISSION FOR MANY CARS
FILTER KITS
SAVE OVER 35%
G.M. (Except TH300 & TH350) 64-79, Ford Chrysler 63-79, Toyota (Except Cressida) 74-79 .. 3.88 EA.
G.M. (TH300 & TH350) 64-79, Datsun, Mazda, Courier; Jatco Trans. 71-79 .. 4.88 EA.

STACKMASTER CAR AUDIO
KRACO
COMPONENT SYSTEM
PROFESSIONAL INSTALLATION AVAILABLE
147.87 EA.
AM/FM stereo tuner, auto-stop cassette tape deck, 40 watt power amplifier with reversible in/out mounting bracket and 5 band graphic equalizer. KRACO #KMP-3005

Mufflow II MUFFLERS
Top quality, long lasting. Sizes for many U.S. cars in stock.
SAVE OVER 30%
All #'s in Stock at One Low Price!
15.88 EA.
MUFFLOW TAILPIPE ... 14.88 Ea.

The PREMIER IV RADI[illegible]
All Seasons STEEL BELTED 38.9[illegible]
Plus $1.39 F.E.T. and Exchange
BLACKWALL ONE SIZE ONLY P155/80R13
42,000 Mile WEAROUT WARRANTY*

WHITEWALLS			
P155/80R13	42.99	P215/75R14	[illegible]
P165/80R13	45.99	P225/75R14	[illegible]
P175/80R13	49.99	P205/75R15	[illegible]
P185/80R13	51.99	P215/75R15	[illegible]
P185/75R14	53.99	P225/75R15	[illegible]
P195/75R14	56.99	P235/75R15	[illegible]
P205/75R14	58.99	CHARGE IT!	

Plus F.E.T. from $1.52 to $2.93 & EXCH.

SERVICE SPECIALS!
A charge will be made for diagnostic inspection. This is required before complete estimate can be given. This charge will be credited against the total if all work required is authorized before system reassembly. All Service Prices Subject to Parts Stock on Hand.

OIL, LUBE AND FILTER CHANGE
• Drain crankcase
• Install new Medallist oil filter
• Install up to 5 quarts Pennzoil oil
• Chassis lube.
MANY U.S. & IMPORT CARS
SAVE NOW!
14.95 Cars with closed filings extra

FRONT END ALIGNMENT
Keep Your Wheels Going Straight!
• Inspect front systems.
• Set caster, camber & toe-in.
15.95 MANY U.S. & IMPORT CARS

BENDIX BRAKE SERVICE
MANY U.S. & IMPORT CARS
DISC DRUM or 4 WHEEL DRUM
• Install front pads or shoes • Turn front rotors or drums • Inspect front calipers or rebuild front wheel cylinders • Install rear shoes • Rebuild rear wheel cylinders • Turn rear drums.
89.95 SAVE!

Hi-Performance TIRES
OUTLINED WHITE LETTERS
BELTED & RADIAL SUPERWIDE
60 & 70 SERIES
A. SUPERW[illegible]
319[illegible]
Plus $1.90 F.E.T. & EXCHANGE

A. SUPER WIDE 60 & 70 BELTED				B. RADIAL 6/T 60 & 70 RADIAL	
D70-14	45.99	B60-13	41.99	P175/70R13	49.99	GR70-13
E70-14	48.99	E60-14	52.99	P185/70R13	51.99	HR70-13
F70-14	47.99	F60-14	53.99	BR70-13	52.99	LR70-13
G70-14	50.99	G60-14	56.99	P205/70R13	53.99	P205/60R13
G70-15	51.99	F60-15	55.99	P185/70R14	54.99	FR60-14
H70-15	54.99	G60-15	56.99	P195/70R14	57.99	GR60-14
L70-15	61.99	L60-15	57.99	P205/70R14	60.99	GR60-15
				FR70-14	62.99	LR60-15
				GR70-14	64.99	

Plus F.E.T. from $1.86 to $3.55 and EXCHANGE

FREE TIRE MOUNTING AND INSTALLATION ON ALL STANDARD WHEELS!

*LIMITED WARRANTY: TIRE WEAR: For the number of miles specified, GRAND AUTO will return, replace the tire or give a refund, charging a [illegible] charge for the miles received, if wearout occurs and [illegible] caused by failure to properly maintain the tire.

COMPLETE REBUILT PASSENGER CAR ENGINES WITH COMPLETELY REMANUFACTURED HEADS

CHECK THESE QUALITY FEATURES
Complete Reconditioned Heads
New Hydraulic Lifters
Magna Fluxed Block
New Pistons & Rings
New Timing Gear & Chain
New Freeze Plugs
New Crank Gear
New Bearings
Dyno-stand Tested to Insure Corre[illegible] Oil Pressure & Compression

A COMPLETE ENGINE NOT A SHORT BLOCK!
• Block Bored & Power Honed • New Main & Cam Bearings • New Gaskets & Seals • Reground Cam & Crankshaft • Reconditioned or New Rocker Arms & Push Rods • New Installation Gasket Set

PAY as LITTLE as $31.66* PER MONTH on ANY 6 CYL. ENGINE LISTED BELOW:
*Based on balance including tax at 9.5% of $627.29, with no down payment, 24 monthly payments, annual percentage rate of 19.2%. Deferred payment price $760.12.

CHEV.	6 CYL. 194 cu.	1962-70	
CHEV.	6 CYL. 230 cu.	1963-70	
CHEV.	6 CYL. 250 cu.	1966-75*	
CHRYS. PROD.	6 CYL. 170 cu.	1960-69	
CHRYS. PROD.	6 CYL. 225 cu.	1961-78	
FORD	6 CYL. 144 cu.	1960-64	
FORD	6 CYL. 200 cu.	1963-76	
FORD	6 CYL. 250 cu.	1965-78	

$589.
WITH REBUILDABLE EXCHANGE

CHEV.	8 CYL. 283 cu.	1957-67	
CHEV.	8 CYL. 307 cu.	1969-73	
CHEV.	8 CYL. 327 cu.	1962-69	
FORD	8 CYL. 289 cu.	1963-68	
FORD	8 CYL. 302 cu.	1968-78	

$697.
WITH REBUILDABLE EXCHANGE

$100 OFF... ALL OTHER ENGINES IN STOCK EXCEPT THOSE MENTIONED ABOVE. WITH REBUILDABLE EXCHANGE
*Except With Integrated Manifold

FREE Installation!

GC-4000 BATTERY
40 Month Warranty
6 or 12 VOLT
29.95 EA. W/EXCH.
SIDE TERMINAL BATTERIES $3.00 ADDITIONAL

GP-5000 BATTERY
50 Month Warranty
12 VOLT
42.95 EA. W/EXCH.
All Sizes in Stock at One Low Price!

GP-6000 BATTERY
60 Month Warranty
12 VOLT
52.95 EA. W/EXCH.
All Sizes in Stock at One Low Price!

LIMITED BATTERY WARRANTY: For the period specified, upon return of the battery, Grand Auto will, at our option, repair it, replace it, or give a refund; prorated on a monthly basis for the service received; if failure was not due to damage, misuse, or negligence.

Use EAGLE I Wheel Cleaning Products!
SUPERLUG I
LUG NUTS EXTRA
MAG WHEELS
New unique aluminum mags for many foreign & domestic cars.
14 x 6.75 ..... 47.95 EA.
15x6.75 .... 52.95

SUPER SABRE II
LUG NUTS EXTRA
WHEELS
Long-lasting tripleplated chrome wheels for vans, trucks and passenger cars
13 x 5.5 DIAMOND ..... 42.95 EA.
14x6 Diamond 49.95
15x6 Diamond 52.95
15x8 Diamond 58.95

LUG NUTS EXTRA
MAG W[illegible]
Mag turbine design [illegible] vans, pickups and [illegible] Chrome plated st[illegible]
14 x 7 SUPERLUG ....
15 x 7 SUPERLUG ....

BERKELEY
1950 Grove St.
848-4568

EL CERRITO
9989 San Pablo Ave.
524-0267

SAN PABLO
2750 Rumrill Rd.
234-1280

RICHMOND
243 23rd St.
234-6364

MON.-FRI. 9:00 a.m.-9:00 p[illegible]
SATURDAY 9:00 a.m.-8:0[illegible]
SUNDAY 9:30 a.m.-6:00 p[illegible]

NEW! 12 MONTH LIMITED WARRANTY ON REBUILT: CARBURETORS • DISTRIBUTORS • GENERATORS • ALTERNATORS • STARTERS • STARTER DRIVES • POWER STEERING PUMPS • MASTER CYLINDERS ..... ASK STORE FOR DETAILS!

LONGS DRUG STORES ★ LONGS DRUG STORES ★ LONGS DRUG STORES ★ LONGS DRUG STORES ★

RINSO
LAUNDRY DETERGENT
42-OZ. BOX
SALE 99¢

KLEENEX
FACIAL TISSUES
POP-UP
BOX OF 200
LONGS SPECIAL 66¢

PARSON'S
DETERGENT
AMMONIA
28-OZ. BOTTLE
2 FOR 89¢

Longs Drugs
Where Everybody Saves

PLEASE COMPARE OUR PRICES. WE ARE SURE YOU WILL SEE WHY YOUR NEIGHBORS SHOP & SAVE AT Longs

SALE PRICES EFFECTIVE SUNDAY, APRIL 24TH, THRU SATURDAY, MAY 1ST, 1983

EL CERRITO
EL CERRITO SHOPPING CENTER

SAN PABLO
EL PORTAL SHOPPING CENTER

PINOLE
APPIAN WAY AT INTERSTATE 80

STORE HOURS
OPEN DAILY FROM 9:30 A.M.
SUNDAY 10 A.M.

COMPARE Longs PRICES

SEVEN SEAS
SALAD DRESSING
8-OZ. BOTTLE
ASST. FLAVORS
SALE PRICE 66¢

MOTHER'S
COOKIES
• CHOCOLATE CHIP
• COOKIE PARADE
• FUDGE 'N CHIPS
• OATMEAL RAISIN
• CHOCOLATE CHIP TOFFEE
18-OZ. BAG
YOUR CHOICE 1.49

LUX
DISHWASHING LIQUID
32-OZ. SIZE
LONGS LOW SALE PRICE 99¢

Betty Crocker
WILD BLUEBERRY
MUFFIN MIX
13½-OZ. BOX
LONGS SALE PRICE 1.19

LUX
BEAUTY SOAP
4.75-OUNCE BAR
Famous LUX Beauty Soap
LONGS SALE PRICE 4 FOR $1

Crest
TOOTHPASTE
4.6 OZ. TUBE
SALE PRICE 99¢

HICKORY FARM
CHARCOAL BRIQUETS
10-LB. BAG
LONGS LOW SALE PRICE 1.99

fantastik
CLEANER
32-OZ. WITH TRIGGER
1.19

LONGS DRUG STORES ★ LONGS DRUG STORES ★ LONGS DRUG STORES ★ LONGS DRUG STORES ★

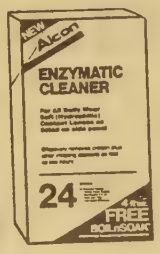
LONGS DRUG STORES ★ LONGS DRUG STORES ★ LONGS DRUG STORES

LONGS DRUG STORES ★ LONGS DRUG STORES ★ LONGS DRUG STORES ★ LONGS DRUG

LONGS DRUG STORES ★ LONGS DRUG STORES ★ LONGS DRUG STORES

Stayfree®

MAXI PADS
REGULAR OR SUPER
BOX OF 30
2.99



ALCON
ENZYMATIC CLEANER
FOR ALL DAILY WEAR
24 TABLETS
4.99

Longs D
COTTON S
DOUBLE TIPPED
PACKAGE OF 300
LONGS SPECIAL

Longs Drugs

TIMED RELEASE
VITAMIN B-12
1000 MCG TABLETS
BTL. OF 60
LONGS SPECIAL
1.79

Longs Drugs

ORANGE FLAVORED CHEWABLE
VITAMIN "C"
250 MG TABLETS
BTL. OF 100
LONGS SPECIAL
1.59

Longs Drugs
DAILY VITAMINS
REG. OR WITH IRON
BOTTLE OF 365

3.69

Longs Drugs

ZINC
50 MG CAPSULES
BOTTLE OF 100
LONGS SALE PRICE
1.79

Maximum Strength
PANADOL
ACETAMINOPHEN
NON ASPIRIN

60 TABLETS OR 48 CAPSULES
2.49

Longs COSMETICS & TOILETRIES

CLAIROL
CLAIR MIST
NON-AEROSOL
HAIR MIST
8-OZ. SIZE
LONGS SPECIAL
1.39

IMPULSE
BODY SPRAY
2.5-OZ.
SALE PRICE
2.19

ESOTERICA
MEDICATED
FADE CREAM
3-OZ. JAR
LONGS LOW SALE PRICE
3.49

Longs Drugs
"THE ONE THING"
PANTY'N PANTY HOSE
ALL-IN-ONE
ITEM NO. 606
ASSORTED SHADES
LONGS LOW SALE PRICE
1.19

Lon

ba
ANTI-PERSPIRAN
1.5-OZ. ROLL-ON
LONGS SPECIAL

Head & Sh
SHAM
18.75 OZ. SIZE
LONGS LOW SALE PRICE

BRYLCREE
HAIR DRES

POL
DENTURE
60 TABLETS
LONGS LOW SALE PRICE

Sally
POLISH RE
4-OUNCE BOTTLE
LONGS SPECIAL

WET
MOIST TO
70 SHEETS
LONGS LOW SALE PRICE

LONGS DRUG STORES ★ LONGS DRUG STORES ★ LONGS DRUG STORES ★ LONGS DRU

LONGS DRUG STORES ★ LONGS DRUG STORES ★ LONGS DRUG STORES ★ LONGS DRUG STORES

REPEL
DOG & CAT REPELLENT
3-LB. BOX
SPECIAL
2.99

DEADLINE
FOR
SLUG & SNAILS
EASY-TO-USE
ONE PINT
LONGS LOW SALE PRICE
2.39

HAMILTON BEACH Scovill
AUTOMATIC
INSTA-CLEAN
CAN OPENER
MODEL NO. 829
9.99

Drugs
body Saves

CHACON
"SEVIN" LIQUID
GARDEN SPRAY
ONE PINT
LONGS LOW SALE PRICE
2.99

Longs PHOTOBANK

KODA
DISC
KODACOLOR HR
FILM
30 EXPOSURES
LONGS LOW SALE PRICE
4.44

Keep the Best... Return the Rest!
REPRINTS

OF ANY KODACOLOR II, LONGS OR FUJI COLOR NEGATIVES BY LONGS ECONOMY PROCESSORS
LONGS PHOTOBANK SPECIAL
17¢

Keep the Best... Return the Rest!
ENLARGEMENT
OF YOUR FAVORITE FUJI, LONGS, OR KODACOLOR II COLOR NEGATIVE BY LONGS ECONOMY PROCESSORS

5x7 ..... 79¢
8x10 .... 1.89

4.98 VALUE
ORTHO
SYSTEMIC
ROSE & FLOWER CARE
2-LB. CANISTER
LONGS LOW SALE PRICE
3.59

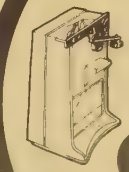
CHACON
VITAMIN B-1
PLANT FOOD
ONE PINT BOTTLE
SALE PRICE
79¢

T-MATO
WIRE BASKET
3 LEG • 3 RING
GALVANIZED WIRE
LONGS LOW SALE PRICE
99¢

HEAVY DUTY
GRASS SHEAR
13" OVERALL
VINYL GRIP
SCISSOR TYPE
SALE PRICE
3.79

BAMBOO RAKE
18-IN. WIDTH
SALE PRICE
1.89

FUJI
COLOR
PRINT
FILM
110, 126, OR 135
24 EXPOSURES
YOUR CHOICE
2.09



One-Wipe®
DUST CLOTH
WASHABLE UP TO 20 TIMES
LONGS SALE PRICE
99¢

PLASTIC
DRESS HANGERS

6 PACK
ASSORTED COLORS
LONGS SALE PRICE
88¢

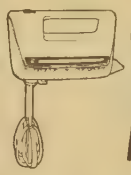
MAGNETIC
PHOTO ALBUM
18 PAGE
ASST. DESIGNS

1.39

Norelco®
LIGHT BULBS

INSIDE FROST OR SOFT WHITE
2 PACK
40, 60, 75 OR 100 WATTS
YOUR CHOICE
79¢

HAMILTON BEACH Scovill
3-SPEED
HAND MIXER



MODEL NO. 97
SALE PRICE
9.99

LONGS DRUG STORES ★ LONGS DRUG STORES ★ LONGS DRUG STORES ★ LONGS DRUG STORES

★ LONGS DRUG STORES ★ LONGS DRUG STORES ★ LONGS DRUG STORES ★ LONGS DRUG STORES ★

Longs Specials

Reese's pieces
NATURAL PEANUT FLAVOR IN A SHELL
16-OUNCE BAG
SALE PRICE
1.79

SUN·MAID SNACK PACK
¾-OZ. FRUIT BITS OR 1-OZ. RAISIN OR CARBO CRUNCH
LONGS SPECIAL
5 FOR $1

CHEERIOS TOASTED OAT CEREAL
10-OZ. BOX
SALE PRICE
1.19

BUDWEISER BEER
TWELVE, 12-OZ. CANS
LONGS SPECIAL
4.59

CARLO ROSSI ASSORTED WINES
4 LITER SIZE
YOUR CHOICE
3.79 SALE

Rosarita REFRIED BEANS
REGULAR OR SPICY
17-OZ. CAN
LONGS LOW SALE PRICE
2 FOR $1

LAS PALMAS ENCHILADA SAUCE
10-OZ. CAN
LONGS LOW SALE PRICE
2 FOR 88¢

LAS PALMAS GREEN CHILIES
DICED OR WHOLE
4-OUNCE CAN
2 FOR 88¢

LAWRY'S SEASONING MIX
ENCHILADA CHILI, TACO, OR CHICKEN TACO
SALE PRICE
3 FOR $1

LAWRY'S TACO SHELLS
10 SHELLS
SALE PRICE
2 FOR $1

LAWRY'S CHUNKY TACO SAUCE
8-OZ. SIZE
SALE PRICE
73¢

Longs LIQUOR SPECIALS

ROSEBROOK LONDON DRY GIN
90 PROOF
3.49
750 ML

BROWNSTONE KENTUCKY STRAIGHT BOURBON WHISKEY
86 PROOF
9.49
1.75 LITER

WOLFSCHMIDT GENUINE VODKA
80 PROOF
1.75 LITER
7.69
SALE

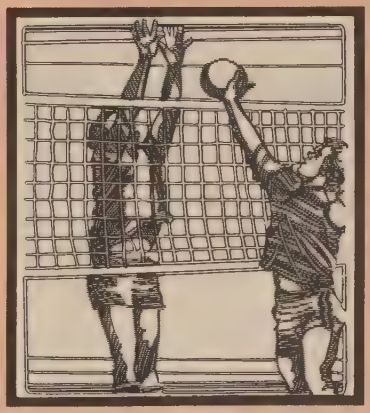
the Christian Brothers CALIFORNIA BRANDY
80 PROOF
LONGS SALE PRICE
11.99
1.75 LITER

OLD CROW KENTUCKY STRAIGHT BOURBON WHISKEY
80 PROOF
9.69
1.75 LITER

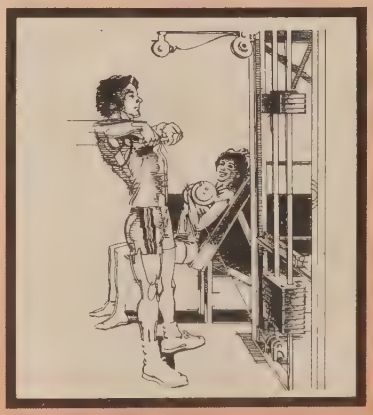
Imported Canadian Mist BLENDED CANADIAN WHISKY
80 PROOF
10.39
1.75 LITER

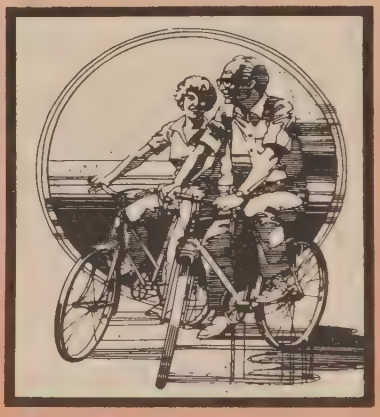
★ LONGS DRUG STORES ★ LONGS DRUG STORES ★ LONGS DRUG STORES ★ LONGS DRUG STORES ★

GET UP...



GET OUT...





MOVE...

City of Richmond

Department
of
Recreation and Parks

SUMMER 1983

City of Richmond

REGISTRATION INFORMATION

WHEN to register:

1. Starting now unless otherwise indicated for residents and non-residents.
2. Classes and programs without sufficient advance registration may be cancelled.
3. Waiting lists are kept for most classes.
4. For Aquatics Only—Registration will be held during stated days and times only at the Richmond Plunge or by mail after.
5. All classes are subject to limited enrollment.

WHERE to register:

BY MAIL

Mail registration forms along with check or money order to:

City of Richmond
Recreation and Parks Department
Civic Center Plaza
Richmond, Ca 94804

IN PERSON

Recreation and Parks Department
27th and Barrett
Richmond, Ca 94804

AQUATICS ONLY

Richmond Plunge
E. Richmond & Garrard Avenue
Richmond, Ca 94801

HOW to register:

1. Complete registration form.
2. Make check or money order payable to: City of Richmond
3. Mail-in registration must include a completed registration form, program fee and a stamped, self-addressed legal-size envelope in order to receive a receipt by return mail.
4. In-person registration will be taken at the respective program facilities or at the Recreation and Parks Department unless otherwise indicated.

WHAT else to remember?

1. REFUND POLICY
   a. There will be no refunds unless a program or activity is cancelled.
   b. There will be no refunds for classes or services after the first class meeting.
2. Insufficient enrollment—participants will be notified by telephone that the activity will be cancelled.
3. Refunds on classes and programs require three weeks to process.
4. Late registrations will not be prorated.
5. Registration is on first-come, first-served basis. PLACES CANNOT BE HELD.
6. Be prepared to show your receipt to the instructor at the first class session. For programs requiring activity cards, participants are expected to carry their cards with them.
7. A RESIDENT is anyone who pays direct property taxes to the CITY OF RICHMOND.
8. We are not responsible for mailed registrations that we do not receive.
9. Most centers in Richmond require the purchase of a registration/activity card annually for all participants, which entitles the bearer to participate in all fee and non-fee programs and special events. These cards vary in cost depending on the age of the participant and the center. The fee received from each participant is small, but it is necessary to keep the centers operating at their present level of performance.

CITY OF RICHMOND — **Recreation and Parks Department**

MAIL-IN REGISTRATION FORM

Please Print

LAST name only_____ Home Telephone #_____ Work or emergency telephone #_____

Address_____ City_____ Zip_____

First Name*	M	F	Age	Grade	Activity Name	Location	Program Dates	Days	Time	Resident Fee	Non-Res. Fee

Please register carefully and check your registration forms.
*If the participant's last name is different, please list with the first name.

TOTAL $_____

WAIVER OF LIABILITY

"I DO HEREBY RELEASE AND HOLD HARMLESS THE CITY OF RICHMOND, ITS AGENTS AND EMPLOYEES, FROM ANY AND ALL CLAIMS OF ANY KIND RESULTING IN INJURY OR LOSS TO THE ABOVE PARTICIPANT(S) WHILE SAID PARTICIPANT(S) PARTICIPATES IN ACTIVITIES OF THE RICHMOND RECREATION AND PARKS DEPARTMENT."

( ) Participant ( ) Parent ( ) Guardian Date_____ Signature_____
(Children under 18 must have parent or guardian sign)

SUMMER 1983

Department of Recreation and Parks

SUMMER ACTIVITY AND CLASS SCHEDULE

Community Facilities

EASTSHORE COMMUNITY CENTER
960 S. 47th Street
233-8336/37
Monday-Thursday, 10:00 a.m.-8:00 p.m.
Friday 10:00 a.m.-6:00 p.m.
Henry (Skip) Warren, Program Coordinator
Carolyn Hamp, Program Coordinator

Cooking Class—6-12 Coed, Tues., Fri., 3:00-4:45 p.m., 6/21-9/1, R.-Activity Card, N.R. Activity Card + $1.50. Students will donate food for the cooking class.

Arts & Crafts—6-12 Coed, Wed., 2:00 p.m.-4:00 p.m., 6/22-9/2, R.-Activity Card, N.R. Activity Card + $1.50. Students will make a small donation for supplies.

Non-Contact Karate—6-12 Coed, Tues., Thurs., 4:00-5:00 p.m., 6/21-9/8 T.B.A.

Photography Class—6-12, Monday, 4:00-5:00 p.m., 6/20-9/12, Cost for material only.

Intra-City Day Camp—6-12, M.-F. 7/11-8/19, 10:00-4:30 p.m., R. $35.00 N.R. $37.50, a day camp setting provided for youth 6-12.

Body Building Class—14-17, M.W.F., 6/20-9/12, 11:30-1:00 p.m., $2.00 + Activity Card.

Non-Contact Karate—13-17, Tues., Thurs., 6/21-9/19, 12:00-1:30 p.m., TBA.

Photography—14-17, Mon., 6/20-9/19, 5:30-7:00 p.m., Activity Card.

Co-ed Softball Team—14-17, Friday, 3:00-4:30 p.m., 6/24-9/23, Activity Card.

Table Tennis Tournaments—18 +, Wed., 6:30-8:00 p.m., 6/22-9/21, TBA.

Ladies Aerobics Exercise—18 +, M.W., 4:00-6:00 p.m., 6/20-9/21, R. $25.00, N.R. $27.50.

Mens Physical Fitness—18 +, Tues., Thurs., 6:00-7:45 p.m., 6/21-9/22, R. $5.00, N.R. $6.50, Activity card required.

Advisory Council—18 +, W., 6:00-7:30 p.m., 6/22-9/21, Activity Card.

Escort Jogging—18 +, Upon Request, Activity Card.

Tennis Lesson—18 +, Sat., 10:00-Noon, 6/25-9/24, TBA.

Seniors Nutrition Class—50 +, M.-F., 12:00-1:00 p.m., 6/20-12/30, 75¢. A program consisting of basic nutrition and recreation activity. The program is open to all seniors in the community 50 years and older. Lunch is served 12:00-1:00 p.m. for 75¢, for information call 233-8336.

Seniors Class Exercise Class—50 +, Tues., Thurs., 10:00-Noon, 6/20-9/30, 75¢.

Basketball League—35 years, Sat., 10:00-1:00 p.m., 6/25-9/24, Activity Card.

MARTIN LUTHER KING JR. COMMUNITY CENTER
360 Harbour Way So.
236-7540/41
Monday through Thursday, 8:30 a.m.-8:00 p.m.
Friday, 8:30 a.m.-6:00 p.m.
Saturday, 11:00 a.m.-3:00 p.m.
Sunday Closed
H. Ann Cooks, Recreation Program Coordinator
Eural McKelvy, Recreation Program Coordinator

Pre-School Program—3-5 Coed, M.W.F., 9:30 a.m.-12:30 p.m., 6/7-8/19, R. $12.00, N.R. $13.50. Recreation Activities.

Senior Sewing—55 +, Tues. & Thurs. 10:00 a.m.-Noon, 22 lessons, Basic sewing.

Elementary-Mini-Camp—6-12, Mon., Thurs., 9:00 a.m.-3:30 p.m., 6/20-8/19. Summer Day Camp program.

Ceramics Seniors—55 +, Wednesday, 10:00 a.m.-11:00 a.m., 12 lessons. General ceramics.

Jazz Dance—10-15 Female, Thurs. 2:00 p.m.-4:00 p.m., 7/6-8/17, 12 lessons. Introduction.

Softball—13-16 Coed, Tuesday, 4:00 p.m.-6:00 p.m.

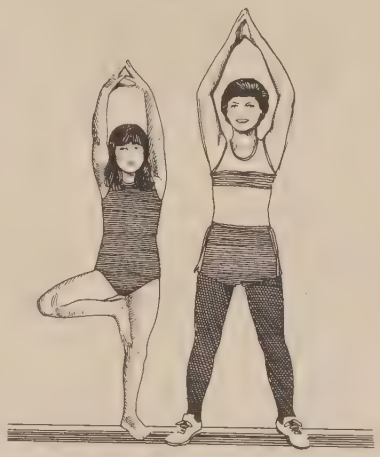
Teen Summer Basketball—13-16, Tues., Thurs., 3:00-5:00 p.m., 6/14-8/25. 23 lessons, R. $10.00, N.R. $12.00.

Teen Basketball Tour—15-18, Fri., Sat., Sun., 7/22,23,24. R. $75.00, N.R. $85.00.

Elementary Baseketball—6-12, Mon., Wed., 2:00-3:30 p.m., July, Aug., Sept. R. $1.00, N.R. $2.00.

Weight Lifting—13-16, Tues., Thurs., 6:00-8:00 p.m., 6/14-8/25, R. $5.00, N.R. $6.00.

Moving with Ease—55+, Monday, 11:00 a.m.-Noon, On going. N/C Fitness for seniors.



NEVIN COMMUNITY CENTER
598 Nevin Avenue
237-0524/25
Monday through Friday, 9:00 a.m.-5:00 p.m.
Jacqueline J. Baten, Recreation Program Coordinator

Drama for Youths—9-12 Coed, M. W., 2:30-4:30 p.m., 7/6-8/31, R. $4.25, N.R. $5.25 + Activity Card. 17 lessons.

Special Arts 'n' Crafts—9-17 Coed, M., 2:30-4:30 p.m., 7/11-8/29, R. $2.00, N.R. $3.00 + Activity Card. 8 lessons.

Youth Sports (Seasonal)—9-12, Coed, M.-F., 1:00-3:00 p.m., 7/5-8/31, League fees, + Activity Card. 41 lessons.

Youth Sports (Seasonal)—13-15, Coed, M.-F., 3:30-5:30 p.m., 7/5-8/31, League fees + Activity Card. 41 lessons.

Beginning Bass Guitar—13-Adult, Coed, Tues. & Thurs., 2:00-4:00 p.m., 7/5-8/30, R. $4.25, N.R. $5.25 + Activity Card. 17 lessons.

Nevin Youth Group Teen Club Meeting—13-25, Coed, Tues. & Thurs., 4:00-5:00 p.m., 7/5-8/30, Dues + Activity Card. 17 lessons.

Senior Sewing—Seniors, Coed, M.T.W., 10:00-12:30 p.m. 7/5-8/31, R. $5.00/mo., N.R. $7.00/mo. Sewing machines provided.

Kung Fu—Youth-Seniors, Tu. & Thurs., 6/5-8/30, 17 lessons, Tu.-5-7:30 p.m. — Thurs.-4-6:30 p.m., $10/youth, $15/Teen, $20/Adult, per month. + Activity Card, Loose, comfortable clothing.

Ceramics for Seniors—7/7-8/25, Thurs., 9:30-Noon, 8 lessons, R. $5.00/mo.—N.R. $7.00/mo., + Activity Card, All materials provided.

Every BODY'S Thing (exercise)—Adult/Senior, 7/5-8/31, Tu., W., Thurs., 11-Noon, 26 lessons, R.-$2.00, N.R.-$4.00, + Activity Card, loose fitting clothing.

Liquid Embroidery—Seniors, F., 9:30-Noon, 7/1-8/26, 9 lessons, R.-$1.50, N.R. $2.00 per month. Participant must supply materials.

Creative Art's in Crafts—9-12, Friday, 7/8-8/26, 2:00-4:00 p.m., 8 lessons, R. $4.00-N.R. $5.00 + Activity Card.

Beginning Cookery—9-12, W., 3:00-5:00 p.m. 7/6-8/31, 9 lessons, $2.00 + Food Cost. Activity Card.

Beginning Sewing—9-12, Tu., 3:00-5:00 p.m. 7/8-8/30, 9 lessons, $2.00 + material. Activity Card.

Beginning Macrame—9-12, Thurs., 3:00-5:00 p.m. 7/7-8/25, 8 lessons, $2.00 + material. Activity Card.

Senior Social Room—55+, M.-F., 10:00 a.m.-5:00 p.m., On going. Activity Card.

PARCHESTER COMMUNITY CENTER
900 Williams Drive
235-3533
Monday-Friday, 9:30 a.m.-6:00 p.m.
Gladys Ferguson, Program Coordinator

Embroidery—8-12, Monday* 10:00 a.m.-12 Noon. July 11-August 22, $2.00 and Activity Card.

Basic Sewing—8-12, Thursday* 10:00 a.m.-12:00 noon. July 14-August 25, $2.00 and Activity Card.

*Youth who sign up for both Embroidery and Basic Sewing will be assessed only $3.00.

Arts and Crafts—5-12, Monday-Friday 1:30 p.m.-3:30 p.m. July 11-August 26, $3.00 and Activity Card.

Cooking—8-12, Wednesday and Thursday 3:30 p.m.-5:30 p.m. July 13-August 25, $3.00 and Activity Card. Youth will be asked to bring ingredients to help defray some costs.

Outdoor Games—5-12, Monday-Friday 10:00-12:00 noon. June 27-August 31.

Softball—13-18, Monday-Friday 1:30 p.m.-4:00 p.m. June 27-August 31.

Personal Hygiene (Group Discussion)—13-18, Wednesday 3:00 p.m.-4:00 p.m. June 29-August 31, Activity Card.

Arts and Crafts—Seniors—Wednesday 1:00 p.m.-3:30 p.m. Ongoing.

Liquid Embroidery Painting—Seniors—Thursday 1:00 p.m.-3:30 p.m. Ongoing.

Ceramics—Seniors—Friday 1:00 p.m.-3:00 p.m. Ongoing.

Social Games and Tournaments—Adults over 18, Monday and Tuesday 1:30 p.m.-4:00 p.m. July 11-August 23, $2.50 and Activity Card.

SHIELDS-REID CENTER
1410 Kelsey Street
233-7771/72
Monday through Friday, 9:30 a.m.-6:00 p.m.
Jerry Anderson, Recreation Program Coordinator

Coed Softball League—13-16, Friday, 4:00-8:00 p.m., 7/1-7/29, 5 games, $5.00 per player.

Coed Track Team—11-16, Wednesday, 2:00-4:30 p.m., 6/15-7/27, 7 meets, $2.00.

Summer Basketball 3-3—15-17, Tuesday, 4:00-6:00 p.m., 6/14-8/2, 8 games, $10.00 per team.

Liquid Embroidery—Seniors, Wednesday, 10:00-1:00 p.m., 6/22-8/31, 11 lessons, $1.50 per month.

General Crafts—8-12, Thursday, 10:00-Noon, 6/16-8/25, 11 lessons, 50¢ per month.

Active Games—8-12, Monday, 10:00-Noon, 6/20-8/29, 10 lessons, 50¢ per month.

Ceramics—11-16, Thursday, 2:00-4:00 p.m. 6/16-8/25, 11 lessons, $5.00 per month.

Ceramics—Seniors, Tuesday, 10:00-1:00 p.m. 6/21-8/30, 11 lessons, $5.00 per month.

Cooking Class—13-16, Monday, 3:00-5:00 p.m. 6/20-8/29, 10 lessons, $2.00 per month.

SUMMER ACTIVITY AND CLASS SCHEDULE

Older Adult Facilities

ANNEX SENIOR CENTER
5801 Huntington Avenue
526-3553

Sunday-Friday, 8:30 a.m.-4:30 p.m.
Thursday Evenings, 7:00-10:00 p.m.

Allyn Myers, Recreation Program Coordinator

Gentle Gym—50+ Seniors Coed — On going. M, W, F. 9:00-10:00 a.m. 50 cents per class. Wear tennis shoes.

Cards—50+ Seniors Coed — On going. Tues. 9:30-12:00 p.m. N/C.

Quilting Class—50+ Seniors Coed — On going. W. 1:30-3:30 p.m. N/C Service project.

Needlepoint—50+ Seniors Coed — On going. Thurs. 9:00-12:00 p.m. 50 cents.

Oil Painting—50+ Seniors Coed — On going. Thurs. 9:00-12:00 p.m. 50 cents.

SENIOR CITIZEN CENTER
2525 Macdonald Avenue
231-2057

Sunday-Friday, 8:30 a.m.-4:30 p.m.
Tuesday and Wednesday Evenings,
7:00-10:00 p.m.

Allyn Myers, Recreation Program Coordinator

Gentle Gym—50+ Senior Coed — On going. M, W, F. 10:30-11:30 a.m. 50 cents each. Wear tennis shoes.

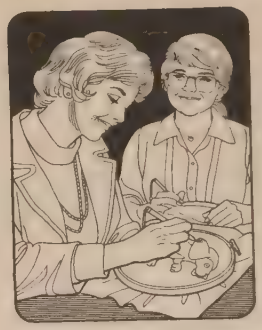
Oil Painting—50+ Senior Coed — On going. W. 1:00-4:30 p.m. 50 cents each. Supplies on sale.

Knitting class—50+ Senior Coed — On going. Tues. 1:00-3:30 p.m. N/C.

Bridge Club—50+ Senior Coed — On going. Tues., W. 7:00-10:00 p.m. N/C. Learn and play.

Hair Cuts—50+ Senior Coed — On going. M. W., 9:00-1:00 p.m. N/C.

Pool—50+ Senior Coed — On going. All week. 8:30-4:30 p.m. N/C.



Recreational Arts

PT. RICHMOND COMMUNITY CENTER
139 Washington Ave.
234-5428 or 234-8202

Dan Hughey, Program Coordinator

Arts & Crafts—5-13 Coed, 6/22-7/27, W. 1:30-2:45 p.m. 6 lessons. $20.00-$24.00.

Aerobic Exercise—Youth Adults Coed, On Going. Tues. & Thurs. 5:30-6:30/6:30-7:30 p.m., $3.00 per class or $16.00/8 classes.

Drama Creative—Youths 8-18 Coed, 6/22-8/10. W. 3:00-4:15 p.m. 8 lessons. $35.00-$44.00. Includes: one week night and one performance.

Modern Dance & Improvisation—Adults, On going. Thurs 7:30-9:00 p.m. $2.50-$3.25 per class.

Movement Unlimited—Teens Adults Coed, On going. M,W,F. 9:30-10:30 a.m. $3.25 per class/$18.25/8 classes.

Pzazz Exercise—Adults Coed, On going. Tues. & Thurs. 9:00-10:00 a.m. $3.00 per class/$16.00/8 classes.

M.A.D. Program—Youth Coed, T.B.A.

Rentals—Weddings, parties, meeting, etc. Youth & Adults. Center can be rented any day and hour when it isn't being utilized. $18.00 per hour used.

Danceerobics—Teens Adults Coed, 6/20-8/15 M,W. 6:00-7:00 p.m. 16 lessons. $36.00-$45.00. Adams Jr. High School.

Movement Unlimited—Teens Adults Coed, On going. M,W. 6:00-7:00/7:00-8:00 p.m., $3.25 per class/$18.25/8 classes. Fairmede Elementary School.

Adult Social Dance—Coed, 6/2-7/14 Thurs. 7:30-8:30 Basic. 7 lessons. $12.00-$15.00. Wilson Elementary School.

Adult Social Dance—Coed, 6/2-7/14 Thurs. 8:30-9:30 Int. 7 lessons. $12.00-$15.00. Wilson Elementary School.

Tutoring (Modified Diagnostic)—Youth Adults Coed, T.B.A. 2 sessions $15.00 per hour.

Tutoring (Individual)—Youth Adults Coed, T.B.A. $15.00 per hour.

Tutoring (Small Group)—Youth Adults Coed, T.B.A. $10.00 per hour.

Therapeutic Recreational Programs

DISABLED PEOPLE'S RECREATION CENTER (D.P.R.C.)
1900 Barrett Avenue
233-4570

Monday-Friday, 9:00 a.m.-5:30 p.m

Laurie G. Zell, Recreation Program Coordinator

DPRC Adult Morning Program—21-65 Coed — On going M.-Th., 9:30 a.m.-12:30 p.m. 14 lessons per week. Sliding scale or Regional Center. Includes classes in: Art, Creative Dramatics, Woodshop, Games, Health, Cooking, Gardening, etc. For developmentally disabled adults. Must be accepted into program after 2 week assessment. New participants must be clients of the East Bay. To register call DPRC for appointment.

Camp Mainstream—7-12 Coed, July 1983, M-F. 2:00-5:30 p.m. 10 lessons per week. Sliding scale N.R. addition $5.00 Includes classes in: Tennis, Art, Music, Movement, Swimming etc. Must be a previously registered DPRC participant. Registration by acceptance into program only. Various community resources including: Plunge, Pt. Center, Nevin Center, East Bay Center, Art Center, and various parks.

DPRC Summer Camp (Full day camp program)—7-21 Coed August 1983, M-TH. 9:30 a.m.-5:30 p.m. 14 lessons per week. $200.00, N.R. $210.00. New participants given 1 week assessment. Lunch provided

Day Camps
& ENVIRONMENTAL EDUCATION

Doug DeFabio, Recreation Program Coordinator
231-3522

Summer Day Camp—5-13 Coed — 7/11-8/19 — M-F. 10:00-2:30 p.m. 10 lessons. $50.00-$60.00—Kennedy Grove-Pre-register. 3 different sessions, built on different themes

Summer Sports Camp—9-12 Coed — 6/20-7/15 M,W,F — 1:00-4:00 p.m. 4 lessons $10.00-$12.50/3 locations TBA-Pre-register.

Bay Camp—5-13 Coed — 7/11-8/19, M-F. 10:00-4:00 p.m. 10 lessons. $12.50-$15.00. Pt. Pinole Reg. Park-Pre-register 3 sessions, child explores seashore at Pt. Pinole

Tiny Tots Camp—3-5 Coed — 7/11-8/19, M-F, 9:00-1:00 p.m. 10 lessons. $20.00-$25.00. Kennedy Grove-Pre-register

Girls Bobby Sox Softball—6-12, 7/9-9/3 — 3:00-5:00 p.m. 8 weeks. Wendell Park, uniform provided

PAL Softball—Valley View

Day Camp for Diabetics—Elementary School Children — 7/11-7/15, M-F, 10:00-3:00 p.m. $25.00-$30.00, Pt. Pinole Regional Park.

This special session of Bay Camp will be held at Point Pinole Regional Park, the park has nice beaches, hiking trails and fishing pier.

The camp will be emphasizing environmental education with nature crafts and hiking. Learning about plants and animals of the Bay area will also be explored. An excursion to the Marine Mammal Center in Golden Gate Recreation Area will be included.

All activities and sports are under taken with an eye to Diabetic Maintenance. No medical personnel will be at camp but knowledgable staff will be present. Lunch will not be provided.

For further information please call Audrey Sheeley at the Richmond Recreation and Parks Department, 231-2162.

AQUATICS—SWIMMING

RICHMOND PLUNGE
East Richmond Avenue & Garrard Blvd.
234-8202
Monday-Friday, 8:30 a.m.-5:00 p.m.
Office Hours
Bill Kauppinen, Program Coordinator
June Albonico, Pool Manager

REGISTRATION

All registrations are held at the Plunge. Register the week of June 13th at 9:00 a.m. for 1st session. All other registrations will begin on the last class day for the following session.

Recreation Swim — Supervised drop-in swim time for all ages.
Days/Times:

Mon., Wed., Fri.	2:00-4:00 p.m.
Friday Evenings	7:00-8:30 p.m.
Saturday	11:00-1:00 p.m.
	2:00-4:00 p.m.

Admission Cost:
Child under 3 year 50¢, child 18 years under 75¢, or script card 15 uses for $7.50. Adults $1.25 or script card 15 uses, R. $13.00, N.R. $15.00.

Lap Swim — Adults
Days/Times:
Monday through Friday
7:00-9:00 a.m.
12:00-1:30 p.m.
5:00-7:00 p.m.

Admission Cost:
R. $1.25 per use or
15 uses for $13.00
N.R. $1.50 per use or
15 uses for $15.00

Gym Program — (Weight Room)
Days/Times:
Monday through Friday
5:00-7:00 p.m.

Admission Cost:
R. $1.25 per use or
15 uses for $13.00
N.R. $1.50 per use or
15 uses for $15.00
Combination Swim/Gym:
R. 15 uses $21.00
N.R. 15 uses $23.00

Family Swim — 5 persons
Days/Times:
Wednesday 7:00-8:30 p.m.

Admission Cost:
$3.00

Rent-A-Pool — Monday through Sunday, cost $20.00 resident, $25.00 non-resident per hour. By arrangement only.

Private Lessons — Monday through Friday, cost $13.00 resident, $16.00 non-resident per hour. By arrangement only.

Parent-Tot Swim Lessons — 3 months to 3 years of age.
Dates/Days/Times:

1. 6/20-7/13	Mon. & Wed. or Tues. & Thurs.
2. *6/21-7/14	12:30 p.m.-1:15 p.m.
3. 7/25-8/17	*8 lessons of 45 minutes
4. 7/26-8/18	each except session 2
	with 7 lessons

Admission Cost:
R. $14.50
N.R. $18.00

Pre-School Children Swim Lessons — 3-5 years of age.
Dates/Days/Times:

1. 6/20-6/30	Monday through Thursday
2. *7/5-7/14	9:00 a.m.-9:30 a.m. or
3. 7/25-8/4	11:50 a.m.-12:20 p.m.
4. 8/8-8/18	*8 lessons of 30 minutes
	each except session 2
	with 7 lessons

Admission Cost:
R. $12.00
N.R. $15.00

Children's Swim Lessons — 5 years and older.
Dates/Days/Times:

1. 6/20-6/30	Monday through Thursday
2. *7/5-7/14	9:35 a.m.-10:15 a.m. or
3. 7/25-8/4	10:20 a.m.-11:00 a.m. or
4. 8/8-8/18	11:05 a.m.-11:45 a.m.
	*8 lessons of 40 minutes
	each except session 2
	with 7 lessons

Admission Cost:
R. $10.00
N.R. $12.00

Adult Swim Lessons — Adult
Dates/Days/Times:

1. 6/21-7/14	Tuesday & Thursday
2. 7/26-8/18	7:10-7:50 p.m.
	8 lessons of 40
	minutes each

Admission Cost:
R. $12.00
N.R. $15.00

Aqua Slimnastics — Adults
Days/Times: Monday through Friday
8:45-9:30 a.m.

Admission Cost:
R. $1.25 per use or
15 uses for $13.00
N.R. $1.50 per use or
15 uses for $16.00

Resident/Non-Resident Status — Resident pool users must show proof of residency or will be charged non-resident fee rates. Resident I.D. Cards are available on request. Non-residents do not pay direct taxes to the City of Richmond and are thereby assessed non-resident fees.

Registration for the following classes will take place **only** at the Main Office of Recreation and Parks.

Jr. Sailing — 10-16, 7/18-7/24, 8/8-8/12, M-F, 10:00 am-Noon, 5 lessons, $52.00-$55.00, Richmond Marina, Craft El Toro.

Adult Sailing — 17 & Up, 7/23-7/24, 8/13-8/14, Sat., & Sun., 9:00 am-Noon, 2 lessons, $52.00-$55.00, Richmond Marina, Craft Lazer.

Wind Surfing — Classes to be held in June, July and August. For further information please call Recreation and Parks.

SUMMER ACTIVITY AND CLASS SCHEDULE

Instructional Sports

Dan Hughey, Recreation Program Coordinator

TENNIS (Youth)

M-F 6/20-8/19 10:00-11:15/11:20-12:35/
1:00-2:15/2:20-3:35
15 lessons in each three week session
NO CHARGE
DE ANZA HIGH SCHOOL, HILLTOP GREEN PARK,
KENNEDY HIGH SCHOOL, NICHOLL PARK,
PT. RICHMOND CTS., TILLER PARK

TENNIS (Adults Coed)

Wed. 6/29-8/3 8/10-9/14 6:00-7:00 p.m., Beg.-7:00-8:00 p.m., Int. Nicholl Park $17.00-$22.00.
Sat. 7/9-8/13 8/20-10/1 10:00-11:00 a.m. Beg.-11:00-12:00 Noon, Int. Hilltop Green Park $17.00-$22.00
Semi-private lessons

Cross-Country Run (Marina Bay Run)—All Ages. Sun., 8/28 10 a.m. $5.00-$6.00. Family rate $11.00. Pt. Richmond to Richmond Marina. Trophies, ribbons for all.

Dog Obedience—Youth Adults Coed—6/4-9/24. Special Class. Sat. 10-11 a.m. Beg. 7 lessons. $16.00-$19.00 — Surry Poole.

Dog Obedience—Youth Adults Coed—6/4-9/24. Special Class. Sat. 11-12 p.m. Int. 7 lessons. $16.00-$19.00 — Surry Poole.

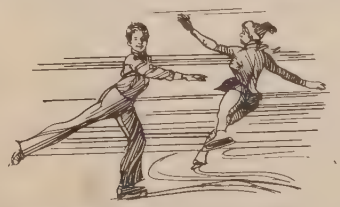
Gymnastics—Youth—6/20-8/3, M,W.—6:15-7:15 p.m. Beg. 14 lessons. $21.00-$25.00.

Gymnastics—Youth—6/20-8/3, M,W.—7:15-8:30 p.m. Int. 14 lessons. $21.00-$25.00.

Karate-Do-Youth—6/20-7/25, M.-6:30-7:15 p.m. 6 lessons. $15.00-$18.50.

Yoga—Adults—5/16-9/26, M.W.—5:45-7:15 p.m. 12 lessons. $30.00-$35.00.

Meditation Seminar—Adults, Thurs., 7:45-9:30 p.m., $2.00 per person. June 16, Pt. Richmond Community Center.



Ice Skating Lessons—Tiny Tots, (3-6) — 7/19-8/23, 5:30-6:30 p.m., Tues. 6 lessons, $18.00-$21.00, Hilltop Ice Arena, ½ hr. lesson, ½ hr. practice.

Ice Skating Lessons—Tiny Tots, (3-6) — 7/20-8/24, 11:00-Noon, Wed., 6 lessons, $18.00-$21.00, Hilltop Ice Arena, ½ hr. lesson, ½ hr. practice.

Ice Skating Lessons—Beginners (7-15) — 7/19-8/23, 5:30-6:30 p.m., Tues., 6 lessons, $18.00-$21.00, Hilltop Ice Arena, ½ hr. lessons, ½ hr. practice.

Ice Skating Lessons—Beginners (7-15) — 7/20-8/24, 11:00-Noon, Wed., 6 lessons, $18.00-$21.00, Hilltop Ice Arena, ½ hr. lessons, ½ hr. practice.

ADULT ATHLETIC LEAGUES
Field Scheduling and Rentals

Mike Armstrong, Recreation Program Coordinator

The City of Richmond sponsors adult softball leagues for men and women. Summer leagues will run from June 13 through August 26.

City of Richmond sponsored tournaments are as follows:
June 18 & 19 — SANCRA Men's D
July 2 & 3 — USSSA Men's Novice State Qualifier.
July 16 & 17 — All City ASA B/C District Qualifier.
July 30 & 31 — Nor Cal State ASA Men's B Slo Pitch Championships.
August 6 & 7 — Dick Ervin Memorial USSSA Men's "C" State and Divisional Qualifier.

FIELD SCHEDULING AND RENTALS 231-2181

Richmond has 21 ballfields that are available for rentals. To reserve one or more of these fields, reservations must be made on Mondays by calling 231-2181. Fees for the usage of these fields will vary due to the amount of time they will be used and if lights are needed. For information about fields usage and rentals, contact Mike Armstrong at 231-2181.

Youth Activities Program
MOBILE UNITS

Audrey Sheeley, Leisure Services Supervisor
Linda Madison, Recreation Specialist

6/27-7/15	Mac	Plaza I
	Happy Van	Burg
	Scat About	Wendell
7/18-8/5	Mac	Solano
	Happy Van	Belding
	Scat About	Sheldon
8/8-8/26	Mac	Hilltop
	Happy Van	Pt. Molate
	Scat About	Washington

The mobile units will be visiting City parks and playlots on a rotating basis throughout the summer. The mobile recreation program offers toys, games, arts and crafts, music and puppet shows to children who live in areas without access to recreation facilities. For further information concerning specific sites and times of operation, contact Audrey Sheeley at 231-3521.

PLAYGROUND SITES

La Moine, Atchison Village, Lucas Park, Hilltop Green, Tiller. 6/27-8/26/83, M-F, 12-5 p.m., elementary age.

SPECIAL EVENTS

Bingo—Seniors—June 12, 26. Sunday. 1:30 p.m.-3:30 p.m. Senior Center.

Teen Disco—Teen 13-18—June 17, July 15, August 26. Fridays. 8:00 p.m.-Midnight. Parchester Center.

Juneteenth—All Ages—June 18. Saturday. 10:00 a.m.-6:00 p.m. Nicholl Park.

Balloon Send Off—Elementary—June 24. Friday. 1:00 p.m. 25¢ per child. Location T.B.A.—Special Services.

Pee Wee Golf Tournament—Elementary—July 8. Friday. 1:00 p.m. 50¢ per child. Location T.B.A.—Special Services.

Bingo—Seniors—July 10, 24. Sunday. 1:30 p.m.-3:30 p.m. Senior Center.

Parchester Day on the Green—All Ages—July 16. Saturday. 10:00 a.m.-4:00 p.m. Parchester Community Center.

Make A Circus—Pre School and Elementary—August Wednesday. 10:00 a.m.-4:00 p.m. Nicholl Park

Bingo—Seniors—August 7, 21. Sunday. 1:30 p.m.-3:30 Senior Center.

Block Party—Pre-School and Elementary—August 1 day 11:00 a.m.-3:00 p.m. Martin Luther King, Jr. Center

Family Picnic/Fun Day—Elementary—August 20. Sat 11:00 a.m.-4:00 p.m. T.B.A.—Special Services.

Block Party—All Ages—August 27. Saturday. 12:00 4:00 p.m. Nevin Center.

Bingo—Seniors—September 4, 18. Sunday. 1:30 p.m-3 p.m. Senior Center.

FOR ADDITIONAL SPECIAL EVENTS CONTACT RESPECTIVE PROGRAM FACILITIES

EXCURSIONS

Reno—Seniors—June 15, 16. Wednesday, Thursday a.m. Wed.-7:00 p.m. Thurs. $33.00—Senior Center

William Land Park, Sacramento—Teens—June 17 Fri 8:00 a.m.-3:30 p.m. $10.00—Shields-Reid Center

Oakland Museum and Lake Merritt—Seniors—June Monday. 9:00 a.m.-1:00 p.m. $5.50—Martin Luther King Center.

San Pablo (fishing)—Elementary—June 21. Thursday a.m.-3:00 p.m. $2.00—Martin Luther King, Jr. Center

Golden Gate Fields—Seniors—June 23. Thursday. 1 a.m.-5:00 p.m. Fee T.B.A.—Martin Luther King, Jr. Cen

County Fair, Pleasanton—Elementary—July 1. Fri 12:00 noon-8:00 p.m. Fee T.B.A.—Nevin Center.

County Fair, Pleasanton—Teens—July 2. Saturday 12 noon-8:00 p.m. Fee T.B.A.—Nevin Center

Lake Merritt, Oakland—Elementary—July 5. Tuesday a.m.-3:00 p.m. $5.00—Shields-Reid Center

Lake Merritt (boating)—Teens—July 8. Friday. 9:30 3:30 p.m. $6.00—Shields-Reid Center.

Marine World—Seniors—July 12. Tuesday. 10:00 a.m. p.m. $8.50—Martin Luther King, Jr. Center

Sebastiani Winery, Napa—Seniors—July 13. Wednesd 8:30 a.m.-4:00 p.m. $4.00—Shields-Reid Center

Bay Meadows—Adults—July 14. Thursday. 9:00 a.m. p.m. Fee T.B.A.—Nevin Center.

Water Slides, Vacaville—Elementary—July 15. Fri 11:00 a.m.-4:00 p.m. Fee T.B.A.—Mobile Units

Knowland Park Zoo—Elementary—July 19. Tuesday. a.m.-3:00 p.m. $5.00—Shields-Reid Center

Santa Cruz Boardwalk—Teens—July 19. Thursday a.m.-6:00 p.m. $9.00—Martin Luther King, Jr. Center

Marine World—Elementary—July 20. Wednesday a.m.-5:00 p.m. $6.50—Martin Luther King, Jr. Center

San Francisco, "Be a Tourist"—Elementary—July Wednesday. 10:00 a.m.-4:00 p.m. Fee T.B.A.—Eastm Center.

Giants Baseball Game—Elementary and Teens—July Wednesday. 10:30 a.m.-4:30 p.m. $4.00 residents, non-residents—Youth Sports.

Reno—Seniors—July 20, 21. Wednesday, Thursday a.m. Wed. — 7:00 p.m. Thurs. $42.50—Senior Center

Picnic, Point Pinole—Elementary—July 21. Thursday a.m.-7:00 p.m. Fee T.B.A.—Nevin Center.

Picnic, Point Pinole—Teens—July 22. Friday. 11:00 7:00 p.m. Fee T.B.A.—Nevin Center.

Picnic, Russian River—Seniors—July 28. Thursday a.m.-5:00 p.m. $8.00 — Free Lunch — Senior Center

Steinhart Aquarium—Elementary—August 2. Tuesday a.m.-3:00 p.m. $5.00—Shields-Reid Center

Antioch (fishing)—Teens—August 5. Friday. 8:00 a.m. p.m. $6.00—Shields-Reid Center.

Alcatraz Island—Elementary—August 5. Friday T.B.A.—Mobile Units.

Knowland Zoo and Park—Pre-School—August 8. Mond Fee T.B.A.—Martin Luther King, Jr. Center.

Golden Gate Fields—Seniors—August 10. Wednesd 8:30 a.m.-4:00 p.m. $6.00—Shields-Reid Center.

Point Pinole (fishing)—Elementary—August 11. Thursd 7:00 a.m.-2:00 p.m. Fee T.B.A.—Nevin Center.

Point Pinole (fishing)—Teens—August 12. Friday. a.m.-2:00 p.m. Fee T.B.A.—Nevin Center.

Tahoe/Reno—Seniors—August 17, 18. Wednesday, Thu day. 9:00 a.m. Wed. — 7:00 p.m. Thurs. Fee T.B.A.—Ne Center.

Reno—Seniors—August 17, 18. Wednesday, Thursday a.m. Wed. — 7:00 p.m. Thurs. $39.50—Senior Center

Santa Cruz Boardwalk—Elementary—August 18. Thursd 9:00 a.m.-5:00 p.m. Fee T.B.A.—Nevin Center.

Santa Cruz Boardwalk—Teens—August 19. Friday. a.m.-5:00 p.m. Fee T.B.A.—Nevin Center.

Santa Cruz Boardwalk—Elementary—August 24. Wedne day. 9:00 a.m.-6:00 p.m. Fee T.B.A.—Special Services.

State Fair, Sacramento—Seniors—August 24. Wednesd 8:30 a.m.-4:00 p.m. $8.00—Shields-Reid Center.

Lake Tahoe—Adults—August 26. Friday. 8:00 a.m.-9:00 $40.00—Shields-Reid Center.

State Capitol, Sacramento—Elementary—August Tuesday. 8:00 a.m.-4:00 p.m. $10.00—Shields-Reid Cen

Reno—Seniors—September 21, 22. Wednesday, Thursd 7:00 a.m. Wed. — 7:00 p.m. Thurs. $35.00—Senior Cen

OTHER IMPORTANT INFORMATION

FACILITY RENTALS

Most of the City's recreational facilities including the Richmond Plunge are available for rent either on a one time basis or for on-going activity. As well as the auditorium facilities, each community center has rooms that may be used for a wide variety of events. If you are interested in renting any of the Recreation and Parks facilities, please contact the facility that you are interested in directly. Staff will be able to inform you of the availability of the site as well as the fees that will be involved.

VOLUNTEERS

Volunteers are an integral and necessary part of the program team which delivers services to citizens. Volunteers assignments include aquatics, handicapped, day camp, mobile units, community centers, recreation arts and sports.

The volunteer placement will vary with the individual volunteer and his or her skills. Volunteers range in age from 14 to 80 years young. For an application and an interview, contact the Recreation and Parks office at 231-2160.

RICHMOND MEMORIAL AUDITORIUM

Civic Center 231-2166

Larry Ross,
Administrative Services Division Manager

The Richmond Auditorium is an attractive and versatile facility and offers a wide range of program possibilities. The main auditorium can hold up to 3,756 participants and is ideal for concerts, conventions, dances, banquets and sporting events such as basketball, boxing and roller derby. The Auditorium complex also contains seven (7) Terrace Rooms. These rooms are suitable for parties, family reunions, wedding receptions, club or business meetings, dances and much more. Kitchen facilities are available at the Auditorium and free parking is never a problem no matter how large the group. For further information on rentals call 231-2166.

RICHMOND MARINA

236-1013

Office Hours: 8:30 a.m.-5:00 p.m. Tuesday-Saturday

The new Richmond Marina is the most modern in the San Francisco Bay. It's conveniently located at the foot of Marina Way South and just 8 miles from Angel Island. Along with the 3 berths there is a free launch ramp open 24 hours a day, a beautiful esplande, restrooms, 13 acres of parks and a new freshwater marsh.

Future plans call for restaurants, condominiums, and office/commercial space. Eventually there will be a total of 2000 berths and 3500 condominiums, roughly the size of Sausalito.

RICHMOND MUSEUM

Richmond's history can be discovered at the Richmond Museum, 400 Nevin Avenue, on the corner of Fourth Street and Nevin Avenue, next to the Nevin Community Center.

A newly-renovated museum contains many photos and artifacts from Richmond's past. Display rooms — kitchen, bedroom and parlor — of a turn-of-the-century home have been set up, with appropriate artifacts and costumes along with many other exhibits.

A reference library and photograph files are also available to the researcher.

It was Richmond's first formal public library, built in 1910 and recently restored to its original appearance. It is one of the few Carnegie library buildings left in California.

The Richmond Museum is open to the public from 1:00 p.m. to 5:00 p.m. on Saturdays and Sundays. Arrangements for visits at other times can be made by telephoning the Museum at 237-7387. Group tours are especially welcome.

MUSEUM EVENTS, EXHIBITS AND PROGRAM CALENDAR SUMMER 1983

June 5 — Historical Tour: Napa Valley — Museums and architecture of the area.

June 18 or 25 — Fashion Show & Tea/Fund Raiser in conjunction with Fair exhibit. Members $6.50, non-members $8.00. Ladies lunch served at 2:00, followed by show from 3:00-4:00.

July 10 or 17 — Community Show & Tell in conjunction with Fair Exhibit. Guest speaker(s) from the Fair Guild. Public invited and encouraged to bring fans they may have to learn about them.

August 7 — Old Fashion Town Picnic/Fund Raiser for Museum in celebration of the 78th Anniversary of the City of Richmond. Entertainment. Contests and prizes given for the best costume, oldest man/woman, largest family, apple bobbing, etc., etc.

August 25 — Shimada Exhibit Preview and Reception. Museum members and Shimada Commission. 7:00-9:00 p.m.

August 27 — Shimada Exhibit Opens. Public reception 1:00-4:00.

September & October — Shimada Exhibit Events. Types of events: Class in flower arranging, tea ceremony, traditional Japanese dance, etc.

September 10 or 11 — Bride Tournament/Fund Raiser.

Richmond Public Library

Children's Division
Civic Center Plaza — 231-2117

Monday-Wednesday 9:00 a.m.-9:00 p.m.
Thursday-Saturday 9:00 a.m.-6:00 p.m.
Sunday 2:00 p.m.-5:00 p.m.

Janet Hellerich, Supervising Children's Librarian
Gracie Woodard, Librarian I
Julie Odofin, Librarian I

Afternoon Film Program—3 Up Coed, 6/6-8/29, M. 3:30-4:30 p.m. 12 lessons. N/C. Lib. Auditorium.

Preschool Stories—Preschool Coed, 6/7-8/30 Tues. 10:30-11:00 a.m. 13 lessons. N/C. Lib. Auditorium.

Small Crafts—5 Up Coed, 6/23, 30; 7/7, 14, 28; 8/4, 11, 18. Thurs. 10:00-11:30 a.m. 8 lessons. N/C. Wear old clothes. Lib. Auditorium.

Storytelling—8 Up Coed, 6/24; 7/8, 22; 8/5, 19. F. 2:00-3:00 p.m. 5 lessons. N/C. Lib. Auditorium.

Summer Reading Club—5-13 Coed, 6/20-8/19, M-F 9:00 a.m.-6:00 p.m. 9 weeks. N/C. Children's Library.

Puppet Show—All ages Coed, 6/30; 7/28; 8/25. Thurs. 3:00 p.m. N/C. Lib. Auditorium.

NEIGHBORHOOD COUNCIL MEETINGS

Annex Neighborhood Council — 4th Tuesday — 7:30 p.m. — Annex Senior Center.

North Richmond Homeowners and Concerned Citizens — 1st Thursday & 3rd Wednesday — 10:00 a.m. — Shields-Reid Community Center.

Iron Triangle Neighborhood Council — 3rd Tuesday — 7:30 p.m. — Nevin Community Center.

Parchester Civic and Improvement Association — Quarterly — 7:00 p.m. — Parchester Community Center.

Richmond Museum Association — 3rd Wednesday — 12:00 Noon — Richmond City Womens Club.

Santa Fe Neighborhood Council — 3rd Thursday — 6:00 p.m. — Martin Luther King Community Center.

Richmond Municipal Band

The all volunteer muni-band, conducted by Peter Hathaway meets weekly on Monday evening 7:30 p.m.-10:00 p.m. at Harry Ells High School Band Room. Any musician desiring to join the band should inquire at the Recreation and Parks Department office at Civic Center or telephone 231-2160. The band is co-sponsored by the Richmond Unified School District, and local 424, AFM Musicians Union.

HUMAN SERVICES

Center for the Aged and Visually Handicapped — Located at Martin Luther King, Jr. Community Center, 360 Harbour Way South. Call 233-7400 for further information.

Richmond Paratransit — A discount cab and van service for senior citizens and the disabled. Call 231-2339 for further information about registration costs.

Headstart Pre-School — Held at Martin Luther King, Jr. Community Center, 360 Harbour Way South. Call 233-0588 for additional information.

Nutrition Programs — A program sponsored by Contra Costa County that provides noon meals for senior citizens at minimal cost. This service is provided at the following locations:

Eastshore Community Center.....233-8336
Martin Luther King, Jr. Community Center.....237-2129
Neighborhood House of North Richmond
321 Alamo Avenue.....235-9780
Richmond Senior Citizens Center.....231-2057
Nevin Community Center.....237-0524

Public Health Nurse — Blood pressure checks and talks on health care for senior citizens. (No charge).

Martin Luther King, Jr. Community Center. 360 Harbour Way South. 2nd Tuesday of each month, 11:00 a.m. to 1:00 p.m.

Nevin Community Center, 598 Nevin Avenue. 3rd Friday of each month, 10:00 a.m. to 12:00 noon.

Richmond Senior Citizens Center, 2525 Macdonald Avenue. 2nd and 4th Tuesday of each month, 12:30 p.m. to 2:00 p.m.

Annex Senior Citizens Center, 5801 Huntington Avenue. 2nd Tuesday of each month, 11:30 a.m. to 12:30 p.m.

Shields-Reid Community Center, 1410 Kelsey. 3rd Wednesday of each month, 10:00 a.m. to 1:00 p.m.

Parchester Community Center, 900 Williams Drive. 2nd Friday of each month. 11:00 a.m.-1:00 p.m.

Social Security — Nevin Community Center, 598 Nevin Avenue. Call 237-0524 for additional information. Richmond Senior Citizens Center, 2525 Macdonald Avenue. 2nd Monday of each month, 1:00 p.m. to 3:00 p.m.

West Contra Costa County Mental Health — Located at Shields-Reid Community Center, 1410 Kelsey. Among the services provided are professional counseling, guidance counseling, teen and parent groups, children and teen health check-ups and senior services. For additional information call 231-3452.

Brown Bag Program — A program sponsored by Contra Costa County that provides vegetables and grocery products for seniors over 60. Parchester Center, 900 Williams Drive. Fridays 10:00 a.m.-12:00 noon.

Well Baby Clinic — Complete physical examinations, eye and ear screening and immunization for infants and children to 15 years of age. Martin Luther King, Jr. Community Center, 360 Harbour Way South, 233-2200. 2nd and 4th Tuesday of each month, 9:00 a.m.-5:00 p.m.

Women, Infants and Children (W.I.C.) — Supplementary food/health care programs for pregnant and breast feeding women, infants and children under the age of 5. Provides nutrition, education and supplementary food through a voucher delivery system. For further information call Contra Costa Health Services at 372-2529.

Co-op Buying Club — Grew out of concerns for the lack of a food store in the downtown area. Members buy on a bulk basis and dispense items. For further information call Mary Otani at 524-5818. Meetings held at Nevin Center the 1st Monday of the month at 1:00 p.m.

Special Friends

The Richmond Recreation and Parks Department works closely with many other agencies and a variety of projects.

Richmond Unified School District — With the cooperation of the School District, the Leisure Services Division is able to conduct many programs and special events including the annual Snow Ball.

The Recreation and Parks Department no longer schedules School District facilities, but the District does rent out many of its facilities to special groups and agencies. For further information, call the School District directly at 234-6615.

East Bay Regional Park District — Within the City of Richmond's boundaries the East Bay Regional Park District has many facilities: Point Pinole Park and Fishing Pier, Kennedy Grove, George Miller Park, Keller's Beach and Wildcat Canyon Park. For information on these facilities and many more, contact the Park District at 531-9300.

Richmond Art Center Association — The basic function of the Richmond Art Center Association is to provide a service to the community of experience to develop and improve knowledge and skill in the arts and crafts at the most comprehensive and highest level possible thru exhibition and class/studio programs. For further information call 231-2163.

Friends of Recreation — A non-profit organization that was formed to subsidize and/or sponsor local and city-wide recreational activities. If you are interested in giving your support to this group by participation or monetarily, contact Dave Strauss at 235-0738 or address correspondence to the Friends of Recreation c/o the Richmond Plunge.

East Bay Center for the Performing Arts — If you are interested in dance, music, or drama, the Center for the Performing Arts have something for you. There are classes and special events for all levels of expertise. The Center is located at 339-11th Street. For further information call 234-5624.

Richmond Museum Association — A non-profit organization organized to portray Richmond and West Contra Costa County's history thru displays at the new Richmond Museum. The Museum is open to the public Saturday and Sunday, 1:00 to 4:00 p.m.; weekdays by appointment only. For appointments or for more information, contact the Museum every weekday with the exception of Wednesdays from 1:00 to 4:00 p.m. at 235-7387.

Lawn Bowling Association — This ancient sport is fun to learn, great exercise for seniors and inexpensive. For further information contact John McKay at 232-0633.

Racquet Club — A group gathered together to promote tennis as a sport and sponsor tournaments for all ages. Contact Leota Dudley at 233-0838.

Richmond Shimada Friendship Commission — An official Board of the Richmond City Council. The goal of this Commission is to promote the Sister City Program and encourage friendship between people. For further information, contact Jana Coverston at 231-2030.

RECREATION AND PARKS FACILITIES

COMMUNITY CENTERS

Disabled People's Recreation Center (D.P.R.C.).....1900 Barrett
Eastshore Center.....960 South 47th Street
Martin Luther King, Jr. Center.....360 Harbour Way South
Nevin Center.....598 Nevin Avenue
Parchester Center.....900 Williams Drive
Pt. Richmond Center (Movingvine).....139 Washington Avenue
Richmond Annex Senior Center.....5801 Huntington Avenue
Senior Citizen's Center.....2525 MacDonald Avenue
Shields-Reid Center.....1410 Kelsey

TENNIS COURTS (School District)

6—De Anza High.....5000 Valley View Road
4—John F. Kennedy High.....4100 Cutting Blvd.
5—Richmond High.....1250 - 23rd Street

TENNIS COURTS (City owned)

1—Belding School.....18th and Coalinga
1—Burg Park.....29th and Clinton
2—Eastshore Park (lighted).....South 48th and Cypress
2—Hilltop Green Park.....Park Central and Park Way
1—John F. Kennedy Park.....41st and Cypress
2—Martin Luther King, Jr. Park.....South 10th and Virginia
2—Lucas Park.....10th and Lucas
6—Nicholl Park (lighted).....33rd and MacDonald
2—Pt. Richmond.....Garrard Blvd. (behind Plunge)
2—Tiller Park.....Ventura and Sierra

SOCCER, FOOTBALL FIELDS

Eastshore Park (no goals).....South 48th and Cypress
Martin Luther King, Jr. Park.....12th and Virginia
Nicholl Park.....33rd and MacDonald

BASEBALL DIAMONDS

1—Eastshore Park (lighted).....960 South 47th Street
1—Martin Luther King, Jr. Park..Harbour Way South And Virginia
1—Fred C. LaMoine.....Valley View School
1—Nicholl Park (Seawright).....33rd and Leona

SOFTBALL DIAMONDS

1—Atchison.....Bissell and Curry
1—Belding.....18th and Coalinga
2—Eastshore Park No. 1 (lighted).....South 48th and Cypress
1—Eastshore Park No. 2.....South 48th and Cypress
1—Fairmede Park.....JoAnn Drive and Moyers Road
1—John F. Kennedy Park.....41st and Cutting
1—Martin Luther King, Jr. Park No. 1 (lighted).....South 12th and Virginia
1—Martin Luther King, Jr. Park No. 2.....South 12th and Virginia
1—Fred C. LaMoine Park.....Valley View Road
1—Lucas Park.....10th and Lucas
2—Nicholl Park Nos. 1 and 2 (lighted).....33rd and MacDonald
1—Parchester.....Collins and Morton
1—Tiller Park.....Sierra and Ventura
1—Washington.....Cutting and Garrard

PARKS

Alvarado Park.....East end of McBryde
Boorman Park.....25th and Main
Central Park.....Yolo and Central
Eastshore Park.....47th and Cypress
Fairmede School Park.....East end of JoAnn Drive
Hilltop Green Park.....Park Central and Park Way
Hilltop Lake Preserve.....Hilltop Drive
Hilltop Park.....Groom Drive
John F. Kennedy Park.....41st and Cutting
Kenny Park.....Stanford and Mono
Martin Luther King, Jr. Park.....Harbour Way South and Virginia
La Moine Park.....4316 Maywood
Lucas Park.....10th and Lucas
Marina Green Park.....Esplanade Drive
Marina Park.....Melville Square
Mira Vista Park.....Zara and Mount
Nevin Park.....6th and Nevin
Nicholl Park.....32nd and Macdonald
Parchester Park.....Collins and Morton
Plaza I Park.....South 49th and Fall
Plaza II Park.....East end of South 49th Street
Shields-Reid Park.....Gertrude and Kelsey
Tiller Park.....Key Blvd. and Sierra
Washington Park.....Wine and Richmond
Wendell Park.....26th and Esmond
Woods School Park.....17th and Pennsylvania
Raincloud.....Raincloud and Solitude

BEACHES

Manna Beach.....South end of Marina Way
Pt. Molate Beach Park.....Western Drive north of bridge toll gate

POOLS (City owned)

John F. Kennedy Swim Center.....South 49th and Cutting (outdoor pool)
Richmond Plunge.....East Richmond and Garrard Avenues

BOAT RAMP (Public).....Foot of Marina Way South

PLAYLOTS

Bissell.....Bissell and 6th Street
Burg.....Clinton and 30th Street
Clinton.....Clinton and 42nd Street
Easter Hill.....28th and Hoffman
Elm.....8th and Elm
Fifth and Virginia.....5th and Virginia
Humboldt.....Humboldt and Solano
Humphrey.....26th and Humphrey
Huntington.....Huntington and Carlson
Janice.....Washington and Nicholl
Kern.....Kern and McBryde
Maine.....South 6th and Maine
Mendocino.....Mendocino and Tehama
Monterey.....Monterey and Carl
Second Street Mini Park.....South end of Second Street
Solano.....38th and Solano
Stewart.....4th and Barrett
Virginia.....South 18th and Virginia

UNDER CONSTRUCTION

Marshland Study Area.....East end of the Marina

CITY OF RICHMOND - RECREATION AND PARKS DEPARTMENT

The goal of the Richmond Recreation and Parks Department is to "Provide Leisure And Human Services To Meet The Needs And Desires Of Richmond Residents."

CITY COUNCIL

Mayor.....Thomas J. Corcoran
Vice Mayor.....George Livingston
Councilman.....Nathaniel Bates
Councilman.....Don Greco
Councilman.....Richard L. Griffin
Councilman.....A. E. Silva
Councilman.....Don Wagerman
Councilman.....Lonnie C. Washington, Jr.
Councilman.....John Ziesenhenne

The City Council meets every Monday evening at 8:00 p.m. in the City Council Chambers, Civic Center, Richmond.

Recreation and Parks Commission

Chairperson.....Margaret J. O'Drain
Vice Chairperson.....Dolores Ramey
Secretary.....Ann Hoppe
Member.....Matthew M. Barnes, Jr.
Member.....Frank Hancock, Jr.
Member.....James P. Ramey
Member.....Linda M. Randle

The Recreation and Parks Commission meets first Wednesday of the month at 7:00 p.m. in the City Council Chambers, Civic Center, Richmond.

CITY MANAGER — James Fales

RICHMOND RECREATION AND PARKS DEPARTMENT 231-2160

Joseph Salvato, Director of Recreation and Parks
Larry Ross, Administrative Services Division Manager
Lindsay J. Strout, Parks and Planning Division Manager
Robert Renaud, Marina Manager
Karl Henning, Leisure Services Division Manager
Williams Allums, Leisure Services Supervisor
Dean Felciano, Leisure Services Supervisor
Audrey Sheeley, Leisure Services Supervisor
Sharon Woods, Leisure Services Supervisor

RICHMOND COMMISSION ON AGING

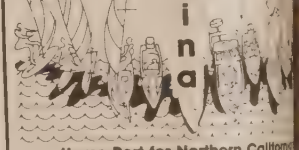
Ida Cook, Chairperson
Harold S. Dodge, Vice Chairperson
Reta Hall, Secretary

Helen Derby
Lucy Donly
Mrs. Lofton Fowler
Anne Frederick
William Goodwin
William McKinney
Betty Torngren

TRAVEL EQUIPMENT SALES
CAMPER SHELLS
SAVE $$$ LARGE BUY FACTORY
"CUSTOM BUILT" INSULATED OR NON INSULATED

• SIX PAC • BRAHMA • STOCK
• GLASSTITE • GEMTOP • VICO
• TURTLETOPS • PROTECTOR
• RANGLE • FUTURA
★ CARPET KITS
100'S TO CHOOSE FROM ★
RV EQUIPMENT & PARTS
RICHMOND
233-9428

WENDY'S
FREE SINGLE ¼ lb.* HAMBURGER
With Purchase of a Double
*net weight before cooking
cheese, tomato, and tax extra
one coupon per person; not valid with any other
VALID ONLY AT:
12201 San Pablo Avenue, Richmond
Expires: May 30, 1983

Richmond Marina

Home Port for Northern California
Largest Pleasure Boat Marina
500 berths from 26 foot to 60 foot with
Full services — free launch ramp —
1340 Marina Way South

HENNINGS
MUSIC CENTERS INC.
Headquarters for BALDWIN WURLITZER MARANTZ
Pianos! Free Organ Lessons
Organs!
Baldwin — Baldwin Financing
Grand Pianos! Budget Terms
Pianos — both new and used
Rentals
Possible trade-in
BILL COLEMAN
2100 BROADWAY, OAKLAND, CALIFORNIA
PHONE 444-1636
SAN LEANDRO 357-9690

CAMPERLAND RV
Sales • Service • Rentals
GREAT FAMILY VACATIONS
For Sale or Rent
Motor Homes & Trailers - New and Used
11909 San Pablo Ave., El Cerrito • 237-3798

Times Journal / section two

PMS: Unmasking the 'female complex'

'Cures' date back to the 19th century

By JUDY POLUMBAUM

Lydia Pinkham, a 19th century Massachusetts entrepreneur, called it the "female complex." She marketed a cure labeled Vegetable Compound, with a 15 percent alcohol content.

Pinkam contended that her tonic could prevent murderous tendencies, claiming a Connecticut clergyman who had been killed by his wife would still have been alive if he had been drinking it.

The phenomenon that preoccupied Pinkham has come be known in this century as Premenstrual Syndrome, or PMS — a monthly affliction triggered by the biological processes of menstruation. It affects perhaps half of all adult American women, with sometimes devastating results for victims' careers, home situations and social lives.

The syndrome is characterized by a wide variety of symptoms, ranging from anxiety and tension to water retention and increased appetite. Sufferers of one variety may be suicidal.

The syndrome occurs before monthly menstruation and is not to be confused with menstrual cramps, although some women with PMS also get cramps.

The subject drew a lecture hall full of people to the UC-Berkeley campus recently to hear about what doctors have come to recognize is a real medical problem, something worthy of more than Pinkham's potent compound.

While the affliction varies in specifics, duration and severity from woman to woman, all sufferers experience the same set of symptoms regularly within the two weeks before their monthly menstrual period. The onset of the period generally brings relief — until the following month's menstrual cycle.

About 20 million American women may suffer from PMS, according to one of the conference speakers, Dr. Guy Abraham.

Three million cases are severe enough to cause work absenteeism and affect women's home and social lives, Abraham said.

Three million cases are severe enough to cause work absenteeism and affect women's home and social lives, Dr. Guy Abraham says.

He estimated the cost of the syndrome to American industry at $30 billion a year.

In the domestic arena, he said, the incidence of divorce among PMS sufferers is 15 times that among women without PMS.

While references to PMS-like symptoms go back centuries, women who had the syndrome were diagnosed as "hysteric" up to about 50 years ago. Dr. Robert Frank, a gynecologist, is credited with publishing the first medical paper in America to acknowledge PMS as a physiological problem.

In a study published in 1931, Frank described "premenstrual disturbances of manifold nature." But even after his article, it took a long time for health professionals and for PMS victims themselves to recognize the complaints as legitimate.

Vivian Feldman of Planned Parenthood in Richmond, chief organizer of the conference, told the audience only seven people had attended a meeting on the matter she had offered two years before.

"Women traditionally had been told that these symptoms were psychological," she said. "They were hesitant to seek help."

Saturday's conference, however, drew about 160 people, and a show of hands indicated the vast majority were PMS sufferers themselves.

Their main concern was how to alleviate PMS, and they learned about two basic approaches to treatment: One emphasizes dietary changes and nutritional supplements. The other, for severe cases, prescribes doses of the hormone progesterone.

Abraham, a Los Angeles endocrinologist who specializes in the nutritional approach, called diet the most important factor in the syndrome.

Specifically, he traced the problem to deficiences of magnesium, B-complex vitamins and in some cases other elements and vitamins, coupled with excesses of certain foods such as refined sugar, dairy products and animal fats.

Dr. Ronald Norris, a Boston physician who has founded three PMS treatment clinics around the country, described therapy using progesterone, a hormone that naturally is dominant in the latter half of the menstrual cycle.

Studies have shown that most PMS sufferers have a depressed level of progesterone during this part of the cycle, but an elevated level of estrogen, the hormone which should be dominant during the first half of the cycle.

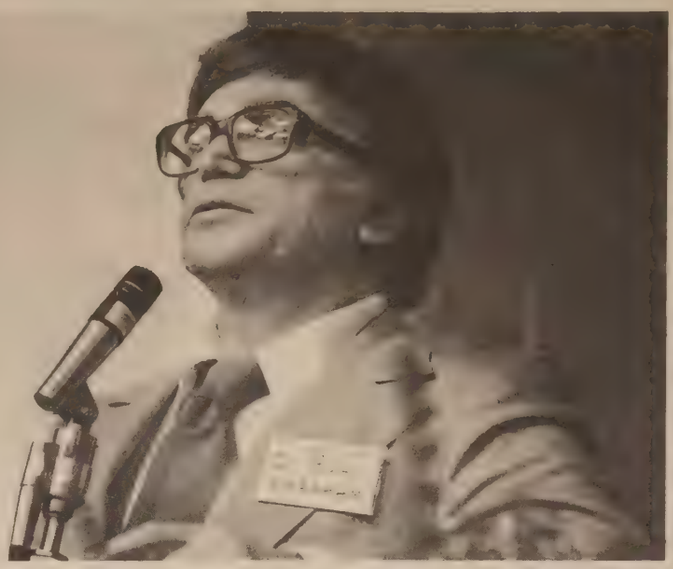
The severely depressed, suicidal PMS sufferers are an exception to this pattern: Their progesterone level is higher than normal; while the estrogen level is lower.

Norris said the bulk of clinical experience in using progesterone is the work of one woman, Dr. Katharina Dalton, who has treated some 30,000 PMS sufferers with this method over the past three decades and achieved a success rate of about 90 percent.

He said the U.S. Food and Drug Administration finally sat down with Dalton this month to begin an evaluation of her work.

Norris' clinics also have had success using progesterone, and one controlled study of 100 patients revealed a 100 percent success rate, with 77 of the women reporting total elimination of all PMS symptoms and the others reporting substantial improvement.

The progesterone can be administered by injections, but Norris said these are painful and the preferred method is suppositories.



— Times journal photo by Michael A. Jones

Dr. Guy Abraham: 'If you have it, don't fool around with it'

Abraham described four basic types of PMS, categorized by symptoms which usually go together.

The most common type has as its main symptoms anxiety, irritability, nervous tension and mild to moderate depression.

The second form is characterized by water retention, bloating and breast tenderness.

The third type is symptomized by a craving for sweets, and indulgence in sweets is followed by fainting spells, fatigue, headache, shakes and palpitations.

The fourth type is "the least common but the most dangerous," Abraham said, because it is characterized by deep depression and suicidal feelings.

"If you have it, don't fool around with it; go see someone," he said.

Abraham and Norris agreed that nutritional measures plus some changes in lifestyle — increased outdoor exercise, for instance — should be sufficient to alleviate PMS in moderate cases.

For sufferers in all categories, Abraham recommended the following changes in diet:

- Limiting intake of refined sugar, salt, dairy products, red meat, alcohol, caffeine and nicotine.
- Limiting intake of protein, and relying more on fish, poultry, whole grains and legumes and less on red meat and dairy products for protein.
- Reducing fat intake to constitute less than 20 percent of total calories, with complex carbohydrates such as whole grains and cereals amounting to 60 to 70 percent of total calories.
- Using types of vegetable oil which contain cis-linoleic acid, such as uncooked safflower oil (but not coconut or olive oil).

If these measures prove insufficient, Abraham recommended considering nutritional supplements, primarily magnesium and B-complex vitamins.

Vista sets carnival

ALBANY — On Saturday, March 19, the Vista School PTA will sponsor a carnival to be held in the multi-purpose room of Cornell School, 920 Talbot Ave., at 11 a.m. to 2 p.m.

The Carnival will feature a rummage sale and bake sale. There will be food and games, featuring PET and Atari computers.

'Bambi' set at center

EL CERRITO — Walter Disney's movie "Bambi" will be shown at the El Cerrito Community Center on Saturday, March 26 at 9:15 a.m. and 3 p.m.

The film is approximately one hour long and tells the story of a young fawn.

Admission is $1.50 for children and $2 for adults. For additional information call 525-6748.

Good, Reed are scholarship finalists

ALBANY — Albany High School seniors Howard Good and Mike Reed have qualified as National Merit Scholarship finalists. They are among 13,500 students nationwide competing for one of 5,300 scholarships, which range from one-time awards of $1,000 to full four-year awards.

Merit Scholarships are the most prestigious awards offered to high school students. Finalists are selected based on outstanding grades and test scores. Funding for the awards came from private sources and scholarships and has totaled $193 million snce the beginning of the program in 1955. Many colleges compete to attract Merit scholars to their campus.

Good Maintains a 3.56 (A-) grade point average. He has spent many hours honing his computer skills at Lawrence Hall of Science. He is also an avid reader of Kurt Vonnegut novels and intends to enroll at UC-Berkeley.

Reed is a successful actor, athelete, musician and student. He has sung the lead in two Albany High musicals, is a member of the Bay Area Wind Symphony, a letterman in track and cross country, and a participant in Cal's accelerated program for outstanding high school students. He maintained a perfect A average at Albany High.

Albany High seniors who received Letters of Commendation from the National Merit Scholarship Corporation are Bandi Meginness, Kai Middleton, Jacqueline Selby and Lawrence You.

Michael's Liquors
A Complete Wine and Spirit Store.
Wedding and Party Service
TASTING BAR
Tues.-Fri. 5-9 p.m.; Sat. 1-9 p.m.
March 15-19 French Reds
March 22-26 French Whites
1495 Solano Avenue Albany 525-4606
Open Every Day Free Parking

Homeowners: Don't postpone important plans any longer.

Phone Beneficial now for big cash to get things started.
As a homeowner you have a special edge today at Beneficial.

Consider the important things you want to do right now. Adding on to your home instead of buying a new one in today's market could be a good move. Cover tuition costs. Buy a fuel efficient car. Liquidate balances you owe and come away with a single monthly payment often considerably lower than your total present monthly outlay. Weatherize your home. Whatever the purpose may be, you know what you want to do.

The full amount you have in mind.
Whether you want $10,000, $20,000, even as much as $200,000, find out why families like yours — worldwide — are using over two billion dollars in Beneficial Loans to Homeowners.

Your edge at Beneficial.
Take advantage of our experience. Your Beneficial personal financial specialist will work with you to create a special plan that's right for your special situation. Lower rates are available to homeowners. You have a choice of manageable payment plans in keeping with your budget and financial goals.

An answer in 48 hours.
Because you have a busy schedule, you can call the special numbers to get things started right now over the phone. We'll spell out all the details for you. Answer all your questions. Apply today and in most cases we'll have an answer for you in 48 hours. Phone now.

At Beneficial, you're special.

Beneficial
Affiliated companies
© BMCA, 1982

Beneficial Finance Co. of Northern California
SAN PABLO — 290 El Portal Shopping Center 234-8594
BERKELEY — 2086 University Avenue 845-4312

SAVE up to 20% on 3/4" Drain Rock
NOW ONLY $10 ton THRU MARCH 26

plastic drainage SPECIAL
HANCOR
3" flexible pipe
100 FT ROLL — PLAIN OR WITH HOLES
24¢ ft THRU MARCH 26
WE ALSO HAVE 4", 6", — AND FITTINGS!

special! 5% off* all unadvertised items
*with this coupon
CONCRETE • MASONRY • PLASTER
FOR ALL JOBS — LARGE OR SMALL
Rhodes-Jamieson
BERKELEY • 808 GILMAN STREET • 524 3363
OAKLAND • 333 23RD AVE • 533 5225
WEEKDAY HRS 7 30-5 00 PM • SATURDAY 8 1
CONCORD • 1775 ARNOLD IND HWY • 685 0600 • WEEKDAY HRS 7 30 4 30 PM

Homeowners! We want to lend you
$ FILL IN YOUR AMOUNT
Call today

COMMERCIAL CREDIT CORPORATION
a Control Data Company
Loans of $5,000 and over are secured by real property.
EQUAL HOUSING LENDER
10478 San Pablo Ave. • Phone: 524-2455
Credit Life Insurance Available to Eligible Borrowers at Group Rates

Churches

ALBANY

Berkeley Buddhist Priory

The priory is at 1358 Marin Ave. (near Santa Fe) in Albany. The prior, the Rev. Teigan Stevens, invites the public to attend meditation periods and services Tuesday through Sunday. Beginner's retreats are held the first Sunday of the month from 9 a.m. to to 4 p.m. and includes a vegetarian lunch. Classes in basic Buddhism will be held in the upcoming months. A small gift shop and library also are available. For more details, call 528-2139.

The priory is affiliated with Shasta Abbey, a Zen Buddhist seminary and monastery in Mount Shasta, Calif., founded in 1970 by the Rev. Roshi Jiyu Kennett.

First Baptist Church of Albany

Wednesday (tonight) at 7:30 p.m. the home Bible study will continue its discussion of the Gospel of John, meeting at 1126 Park Hills Blvd., Berkeley.

Sunday church school classes for all ages begin at 11:30 a.m. Worship is held at 11 a.m. with Pastor Alan Newlove bringing the message from his series entitled "Qualities of a Christian". At 7 p.m. Sunday, the church will host a concert by the Arthur Shearer Singers..

Monday at 7:30 p.m. the new prayer study group will meet at 922 Neilson St. Young marrieds will meet at 832 Lexington Ave., El Cerrito at 7:30.

The church is located at 1319 Solano Ave., Albany. Phone 526-6632.

St. Alban's Espicopal Church

Wednesdays at 11:30 a.m. the Rev. Warren Debenham conducts a service of Holy Communion and the laying on of hands. At 6:30 p.m. the Lenten Study Group will meet at St. Alban's in conjunction with St. James' Lutheran Church of Richmond.

On the Fifth Sunday in Lent, the pastor will preach, "Prodigal Son Call Home." The Rev. Rus Moore will celebrate Holy Communion assisted by Debenham and Nabil Jacob, lay reader. Those wishing to receive the laying on of hands may go to the back of the church after communion. The senior choir will sing the offertory anthem "Hide Thou Not Thy Face From Me," by Farrant. Acolytes will be Kevin James at 8 a.m. and Bethany Rolfson and Catherine James at 10. Stan Gardner and Skip Howie will be ushers, and Ann Lamb will be the lector. There will be a coffee hour after the 10 a.m. service.

The church is located at 1501 Washington Ave., Albany. Phone 525-1716.

Albany United Methodist Church

"Questions I'd Like to Ask God" is the title of a series of sermons by the Reverend Virginia Hilton, pastor, during Lent. Topic for the March 20 service at li a.m. will be "Is it Possible to Change Human Nature?"

The 10 a.m. adult education class topic is: "Referred by Dr. Luke," the study of the gospel of Luke with emphasis on the concern and compassion of Jesus as the Great Physician.

Monday, 7:30 Bible study; Wednesday, quilters; prayer group, 12:30. Saturday March 26: work day at the church, sponsored by the Board of Trustees: 'Spring cleaning".

The church is located at 980 Stannage, Albany. Call 526-7346.

Word of Faith Church

Word of Faith Church, located at 1206 Lincoln Ave. in Alameda, has home Bible Study for the Albany-El Cerrito area. Everyone is welcome.

Study group meets Monday nights in Albany. For information call Martha Beckhusen, 526-8512 or Pastor Hal Tomlinson, 523-4754.

Gracemont Baptist Church

Sunday Bible study for all age groups begins at 9:45 a.m. on Sunday followed by worship service at ll a.m. The community is invited.

The 5 p.m. training hour on Sunday offers discussion of a wide variety of subjects from Baptist beliefs to Christian ethics. This is followed by fellowship and worship and song service. Choir rehearsal is at 6:40 p.m. Nursery is provided for all services.

Bible study classes are offered for deaf persons. Interpretation for the hearing impaired is also provided for Sunday worship service. A weekly prayer meeting is held every Wednesday at 7 p.m. Baptist women meet on the last Tuesday of the month to discuss missions and service projects.

Gracemont is planning new community outreach projects. The Gardenview Christian Counseling Service, under director Jim Malone is serving Albany clients. For more details call the church at 524-6616. Counseling is also available from the pastoral staff.

The church is located at 1221 Marin Ave., Albany. Staff includes Rev. Glen Campman, pastor; Rev. Lupe Torrez, associate pastor; and D. Shayne Gilpin, minister of music.

EL CERRITO

Mira Vista Church of Christ

The church is located at 7075 Cutting Blvd., El Cerrito.

Bay Area Seventh Day Baptist Church

The church and its pastor, the Rev. Stephan Saunders, invite the public to attend services every Saturday in the chapel of the United Methodist church at 6830 Stockton Ave., El Cerrito. Service begins at 10:30 a.m. Sabbath school follows at 11:45.

A potluck lunch is held each week to allow time for fellowship and discussion. All are invited to join the luncheon.

Bible studies are held in several communities weekly. For more information, call 527-2055 or 757-6426.

El Cerrito United Methodist Church

The church will hold a Lenten service on Wednesday, March 16, at 7 p.m. Rev. Travis Campbell of St. Luke's United Methodist Church will bring the message. Music will be by the Frueh Family Quintet.

The Sunday service, March 20, will be at 11 a.m. Pastor Phillip Lawson's sermon will be "Knowing Whose You Are." Scriptures: Isaiah 43:16-21, John 8:1-1l.

He will also present the Lenten service Wednesday, March 23, at 7 p.m. Music will be an organ-piano duet, "Meditation at the Cross" by Rebecca Zuerna and Mary Jenner.

The church is located at 6830 Stockton Ave., El Cerrito. Phone 525-3500.

Grace Lutheran Church

Wednesday, March 16, at 7:30 p.m.,the fourth of five Lenten messages by Pastor Ralph Moellering will be "A Lettter from a Roman" (Pilate speaking.)

Sunday, March 20 at 9:30 a.m. the topic of his message will be "Finding the Upward Call of God in our Work," from Philippians 3:14, John 5:17, and John 9:4. Bible class and Sunday school will meet at 10:30 a.m.

Holy communion is administered the second and fourth Sunday of each month.

Wednesday, March 16, at 2:30 and 6:30 p.m. the children's craft and confirmation classes will meet in the Parish Hall.

Activities for Thursday, March 17, are: at 10:45 a.m., Bible class; at 12 noon, a brown-bag lunch in the Parish Hall; and at 1 p.m., the Women's League meeting in the Parish Hall.

The church is located at Santa Fe and West Cerrito and is easily accessible; phone 525-9004 or 525-1078 afternoons.

Northminster Presbyterian Church

The church is located at 545 Ashbury Ave., El Cerrito.

St. Patrick's Episcopal Church

The church is located at Potrero and Everett, El Cerrito. Call 237-0216.

KENSINGTON

Arlington Community Church

"A Roman's View of Jesus" will be told in future sermons by the Rev. Ken Barnes for the 10 a.m. service on Sunday, March 20, completing the series on contemporary perceptions of Christ.

Sunday school class for grades k-6 are held at 9 a.m. and children's choir rehearsals are at 11:30. Meditation service is held by the pastor at 6 p.m. in the chapel.

Larry Etter is conducting evening worship on Wednesdays on the theme "Shalom." Potluck supper at 6:30 precedes worship at 7 p.m.

First Unitarian Church

On Sunday, March 20 at 11 a.m. the service will feature "The Longing to Bring Someone Else into Your Life." The church will welcome three new staff members who will join Dr. Richard Boeke in giving the service.

Sharing the sermon will be Craig Moro, the new junior high youth coordinator for the church. He has lived around the world including a year in India and is a graduate of the Starr King School for Ministry in Berkeley.

Leading the music and giving a pulpit editorial on Sunday is Dr. Edwin Barlow, the new church choir director. He and his wife Paula are natives of North Dakota and he is a voice teacher and lecturer in music at San Francisco State.

Assisting with the readings will be Lynn Sutcliffe who will serve as ministerial intern through December. She is a native of Hawaii and is completing her studies at the Starr King School. Before entering the ministry she was film director at UC-Riverside.

The church is located at 1 Lawson Road, Kensington.

THOUSAND OAKS

Epworth United Methodist Church

The church will hold its worship on Sunday, March 20 at 10 a.m. The focus of the service will be on the meaning in serving. Pastor David Slorpe's sermon will be entitled "How is Your Serve?" Carol Betz-Schmidt and ministry staff, will help lead the worship and the community sharing.

The pastor will invite children to join him at the front of the sanctuay for a special time. The Sanctuary Choir under Minda Axarcon, will sing Stainer's "God So Loved the World". Dr. Stephen Reid, of the Pacific School of Religion, will speak at the service. His topic: "Women of the Bible." Children have graded classes which include teaching, sharing, crafts from 11:15 to noon.

The community is invited to a rehearsal of Handel's "Hallelujah Chorus" on Thursday, March 31, at 8 p.m. This will be to prepare for presentation on Easter Sunday, April 3.

"Encuentro," a weekend experience in faith renewal, will be held March 18-20 at Epworth, led by Bishop Kirpatrick, former pastor of Evanston, Ill., First United Methodist Church and now a "missionary in reverse" to Latin America. $18 registration fee; scholarships are available. Register with Dave Bunje or call the church office (524-2921).

"Jerusalem Faire" on Palm Sunday, March 27. The worship will offer the chance to experience Jerusalem as it was in Jesus' time. It includes food from the Middle East, colorful costumes and Israeli folk dances.

Good Friday service is set for Friday, April 1, at 7:30 p.m. The choir will lead the worship through the Theodore Dubois' "The Seven Last Words of Christ." Child care will be provided.

Epworth offers many interest and support groups every week. Call 524-2921. The church is located at 1820 Hopkins Street, Berkeley, just east of the North Berkeley Library.

Northbrae Community Church

On Sunday, March 20, at 11 a.m., the Rev. Dorothy Sugarbaker will speak on "A Life's Journey to Easter." Nursery facilities are available on Sundays from 11 to noon a.m. in Haver Hall. A social time follows the service.

Church school classes begin at 11:20 for children three through junior high.

During March, the Ted Cleveland Gallery on the second floor of Haver Hall will feature an exhibit of casein paintings by Suzanne Kline of Albany. The exhibit is open to the public on Sunday mornings.

The community dinner on Wednesday, March 23 will feature St. John's Bell Ringers in a musical program. Doors open at 6; dinner begins at 6:30. Cost is $3 for adults, $1.50 for children. Call 526-3805 for reservations.

Northbrae is located at 941 the Alameda, in the Thousand Oaks district of north Berkeley. Services are held in the Chapel directly behind Haver Hall. Everyone is welcome.

Thousand Oaks Baptist Church

"Faith to Take God at His Word" is the topic of the Rev. Eugene Paden's message at the 10:30 a.m. worship service on Sunday March 20. The scripture reading is taken from Romans 4. The choir will sing. "What Wondrous Love is This" under the direction of Dora Bird, organist-choir director.

(Continued on Page 13)

LUNCH SPECIAL
11 A.M.-3 P.M. Mon.-Sat.
BURGER COMBO
(Includes 1/3-Lb. Burger & Fries plus All-You-Can-Eat Salad Bar & Small Beverage.)
2.75

DINNER SPECIALS
From 11 A.M.
1-LB. T-BONE STEAK
5.99 Cheese Toast, Golden Spud (99¢ All-You-Can-Eat Salad Bar)

10% DISCOUNT FOR SENIOR CITIZENS (On All Reg. Priced Items.)

Now Serving BREAKFAST
7 A.M.-11 A.M. Mon.-Fri.
7 A.M.-12 Noon Sat. & Sun.
SPECIAL
EGGS & CHOICE OF HAM, BACON OR SAUSAGE
1.99 Hash Browns, Hot Biscuits or Toast.

FREE BAR-B-Q BEANS
6 P.M.-CLOSE

THE Happy STEAK
Cookin' for You
Specials Good Thru March 25, 1983

JAY VEE • DARI DELI • JAY VEE • PARTY GOODS

JAY VEE
SPECIALS ON WINES & LIQUORS

ST. PATRICK'S DAY SPECIALS

IRISH MIST 750 ML	13.89
BAILEY'S IRISH CREAM 750 ML	12.99
BUSHMILL'S IRISH WHISKEY 750 ML	9.39
KILLIAN'S IRISH RED 6 Pack Glass	2.39
WALKER'S CANADIAN WHISKEY 1 LTR.	6.29
TEN HIGH BOURBON 1.75 LTR.	9.99
SMIRNOFF 80° VODKA 750 ML	4.89
SEAGRAM'S GIN 1.75 LTR.	10.39
CLAN McGREGOR SCOTCH 1.75 LTR.	9.99
BACARDI RUM (Silver or Amber) 1 LTR.	6.49

CHRISTIAN BROS. BRANDY 5.49 750 ML

WOLFSCHMIDT VODKA 7.99 1.75 LTR.

WENTE Le Blanc De Blanc or Grey Reisling 750 ML 2/$6

LOUIS MARTINI Burgundy or Chablis. 1.5 LTR. 3.49
Cabernet Sauvignon. 750 ML 3.29
PAUL MASSON CHAMPAGNES 750 ML 4.99
PAUL MASSON Rhine Castle or Emerald Dry. 1.5 LTR. 2.99

ROBERT MONDAVI TABLE WINES White or Red 1.5 LTR. 3.69

COKE • TAB • FRESCA
16-oz. Bottles.... Without Coupon..... 99¢ ..... With Coupon..... 69¢

JAY VEE LIQUORS
SAVE 30¢ off one 6 PACK OF COKE OR TAB 16 OZ. RETURNABLE BOTTLES.
ONLY ONE COUPON PER REQUIRED PURCHASE
OFFER GOOD ONLY IN AREA SERVED BY Coca Cola Bottling Co. of California
Offer Expires 8/22/83

Berkeley 1316 University Ave. Few Blocks East of San Pablo
El Cerrito 10560 San Pablo Ave. Jay Vee Center
Pinole 2975 Pinole Valley Rd. Across From Pinole High
Albany 759 San Pablo Ave.

SPECIALS EFFECTIVE WED. 3/16 THRU TUES. 3/22
BAR-B-Q PRODUCTS • JAY VEE • MAGAZINES

• JAY VEE • GROCERIES • RACING FORMS • JAY VEE • CASE DISCOUNTS AVAILABLE • JAY VEE • WINES • JAY VEE • LIQUORS •
• GROCERIES • JAY VEE • RACING FORMS • JAY VEE • CASE DISCOUNTS AVAILABLE • JAY VEE • WINES • LIQUORS • JAY VEE •

Briefs

Girl needs foster home

Annette, a 16 year old Caucasian girl, who is interested in music, art and dance, needs a foster home until she is 18. She would like to be in a two parent home with perhaps one or two children, but does not want to live with a large family.

Annette (not her real name) is taking ballet lessons, likes to draw and is active in church youth activities. In addition to attending high school she is taking classes at a community college.

She wants to live in Alameda County to be closer to her mother and extended family. Her mother is not able to provide a home for Annette but she does visit.

If you are interested in providing a home for Annette, call Alameda County Foster Home Licensing at 874-5527. The payment for board and care of foster children ranges from $230 to $311 per month depending on the child's age. Medical expenses are covered by Medi-Cal.

Day care places open

ALBANY — The Albany Children's Center, located in the Albany Village, has a limited number of spaces available for first and second graders who need after school care. Children must be attending the Albany public schools.

Acceptance to the Albany Children's Center is based on eligibility, which is determined by the parent's monthly gross income and the family's need for daycare. Childcare fees are calculated according to a sliding scale.

Come to the center office at 1140 Ninth Street to fill out an application, or call 525-2800 for more information.

THIS WEEK- LIMITED ENGAGEMENT!
Armstrong
Solarian® Floor Show and Sale
Save $3/sq. yd. on Collectors Solarian.
What a floor show! And what savings! $3 off every square yard of Armstrong Collectors Solarian.
Put any of the 16 beautiful colors and patterns in your home, and get rave reviews.
And Armstrong's exclusive Solarian no-wax surface means your Collectors Solarian floor will keep its "like-new" look far longer than vinyl no-wax floors.
It's a very exclusive engagement, playing only at your Floor Fashion Center store. Only for a limited time. So catch our Floor Show and Sale today.
Armstrong floor fashion center
Floor designs/graphics by Armstrong
Marion Court
LINOLEUM SALES CO.
"WE SPECIALIZE IN ARMSTRONG PRODUCTS"
1706 San Pablo Ave. Berkeley
524-7024

A NEW CHURCH IN BERKELEY
TRINITY FELLOWSHIP
An Evangelical Church Committed to the Exposition and Application of the Bible
Sunday 9:30-10:30 and 11:00-12:00
CHILD CARE
2700 Bancroft Way
549-1639

MOTHER'S
maternity clothes
Feel the blush of spring with silks, florals and cottons in a bouquet of pastel colors
5519 college avenue oakland, california • 415/655-4777
now open thursday till 7 o'clock
mon-sat 10-5

— Photo by Steve Sturges

Berkeley mothers with nimble fingers

This traditional, pieced "Double Irish Chain" quilt was hand-quilted by 11 mothers from Oxford School in Berkeley.

Shown here are (from left) Linda Wolan, Becky Rice, Claudia Alldredge and Kathy Sturges. The quilt will be raffled on March 25. Tickets are $1 each and can be purchased at the school, 1130 Oxford Street, 644-6300.

Local writers read on aging & changing

ALBANY — The Albany Senior Center will host a free reading from the "Across The Generations" literary anthology on Saturday, March 19, at 1 p.m.

The book, a collection of stories and poems by older and younger writers that attempts to "bridge the gap," is a product of Albany. Working through the Senior Center, editor Marcy Alancraig collected pieces by 68 local writers aged 9 to 98.

The reading in Albany will feature the works of Albany residents Carla Harkness and Mary Hughes. Outreach coordinator Margo Tyndall will read along with local writers Donna Cummings, John Boe, Ron De La Houssaye and Deborah Linten Zike and Kazue Nakahara.

Copies of the collection will be on sale for $6.95 per copy. The anthology has almost completely sold out its first printing.

"Across the Generations" began over a year ago when two students in Alancraig's writing class at the senior center suggested doing a book. Their idea was to use words as a way of drawing the generations together.

The project was supported by six community groups including the center, California Arts Council, East Bay Center for the Performing Arts, Educators Improvement Service, Vista Community Center and the Older Adult Resource Center.

For more information contact the Albany Senior Center, 846 Masonic Avenue, Albany, 644-8500.

The Dance Exercise Program

energetics*

A Fun And Invigorating Approach To Total Body Fitness

On Going Classes — Start Anytime

$ 3.00 — SINGLE CLASS $18.00 — 8 CLASSES
$10.00 — 4 CLASSES $32.00 — 16 CLASSES

SPECIAL OFFER • FREE CLASSES
Two free classes with the purchase of 4 or more
New students only Expires 3/31/83

EL CERRITO

MON./WED.	6:30 P.M.	GENA 932-8040	ARMSTRONG GYM
SATURDAY	10:00 A.M.	LINDA	1750 ELM STREET

THIS AD ENTITLES NEW STUDENTS TO 1 FREE CLASS
Expires 3/31/83

Other Classes Available . . . For More Information Call: 932-8040

Churches

(Continued from Page 12)

This Rev. David Chen, minister with Chinese, will g the message in Mandarin to the Chinese congregation he 10:30 a.m. service.

There has been a change in the time of Sunday School ses. Adult classes for English-speaking and Mandarin-aking adults are held at 9:30 a.m. on Sunday under the tors Paden and Chen. Children's sunday school classes now held at 10:30 during the worship service hour. ldren's classes are conducted in English.

On Wednesday at 6:15 p.m. there is family fellowship luck supper at the church followed by Bible study for lts and young people at 7:00 p.m. Choir rehearsal ins at 8

On Friday at 3:30 p.m. Kid's Club for fourth through nt graders is held at the church with student ministers ric Broughton and Jim Kennon. The young people oy recreation, drama, games, refreshments. All young ple in this age group are cordially invited. At 7:30 p.m. days the church is open for family recreation.

On Saturday, March 26, at 6 p.m. there will be a piano cert at the church by Wei Li, concert pianist. Donation 4. The public is invited. Leighton Ford, brother-in-law lly Graham, will conduct an evangelism crusade at the t Baptist Church of San Francisco from Sunday, March hrough Wednesday, March 23.

The church is located at the corner of Colusa, just h of Solano Avenue.

EAST BAY
Chinese Rhenish Church

This bilingual (Cantonese and English) Lutheran rch welcomes the public to worship every Sunday at 11 ., with Sunday school classes for all ages at 9:30 a.m. pastor is the Rev. Loke Hoy-San.

The following weekly classes are offered: English le study, Wednesday, 8 p.m.; Chinese Bible study, rsday, 8 p.m.; youth fellowship, Friday, 7:30 p.m.; Chi-e language school, Saturday 9:30 a.m. to noon; family individual counseling by appointment only. Call Dr. se at 232-0579 or 232-1072.

The church is located at 4709 MacDonald Ave., Rich-nd. Phone 232-1072.

North Congregational Church

At the 11 a.m. worship service this Sunday, the church hear Claudia Genung, a former missionary in Japan, speak on her experiences as a social worker in or-nages in Tokyo. Assisting will be the Rev. Bob Graham Debra Smith, who will lead in the prayers and scripture lings. Members of the United Negro Women are the al guests for the service.

The pastor conducts a study seminar for adults each day at 9:30 a.m. in the Babcock Room. The subject this k will be the Apostole Paul's words concering "Glos-ies or Speaking in Tongues".

The church is located at the corner of Cedar and Wal-streets in north Berkeley. For more information, call -1201 or 527-3134 (evenings).

St. Mary Magdalen's Dominican Parish

The church will continue its Lenten discussion series evening sessions on Thursdays, March 17, 24, and ay, March 29.

Brother Richard Kingsley, OP, will facilitate the atic Television Network's three-part presentation of n's Gospel," with Father Raymond Brown, SJ, a known scripture scholar and author.

Programs include a general introductin of John's gos-commentary on the Samaritan woman and Lazarus; m the man born blind.

Sessions will be held from 7:30 to 9 p.m. in Norton The public is invited. Participants need not not attend ree presentations.

The church is located at 2005 Berryman, Berkeley. e 526-4811.

PRE-EASTER SPECIAL

FREE Haircut!

CHILDREN UNDER AGE 13

WITH ANY ORIGINAL SALON SERVICE

FACE to FACE
HAIR DESIGN

"ALBANY SQUARE"
800 San Pablo Ave., Albany, Suite 106 • 527-9747

RCA Super Value Days

at Kmart® The Saving Place®

March 17th thru April 17th, 1983

Open Daily 9:30-9, Sunday 10-6

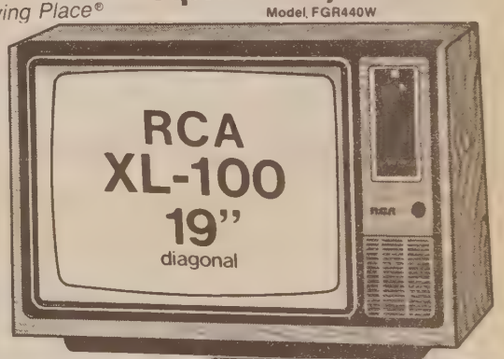
RCA

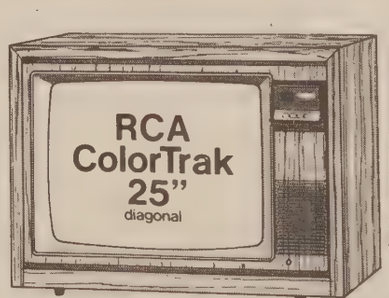
$297 Take-with Price

RCA® XL-100 Roommate® Color TV

You get brilliant color performance, plus the convenience and reliability of electronic tuning. Features include — RCA SignaLock® electronic tuning, automatic color control and fleshtone correction, automatic contrast/color tracking, super AccuFilter® black matrix picture tube.

Model FGR440W

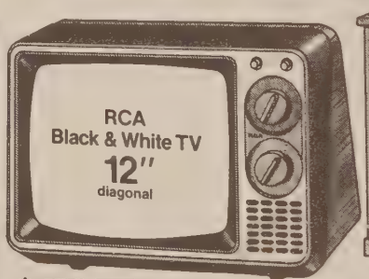




$577 Model FGR530SR Take-with Price

RCA® ColorTrak® with Remote

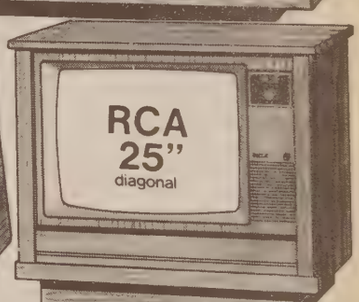
Lets you scan up or down through all VHF or UHF channels.



$77 Model AGR128W Take with price

B/W AC/DC Playmate TV

Plays two ways: on AC house current or 12-volt cigarette lighter.

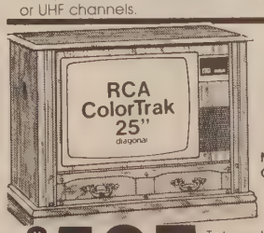


$497 Model GGR640S Take-with Price

RCA Color Console TV

SignaLock electronic tuning with one convenient control

RCA

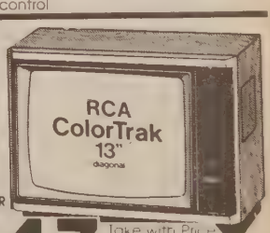


Model GGR697TR

$597 Take-with Price RCA® ColorTrak® with Remote

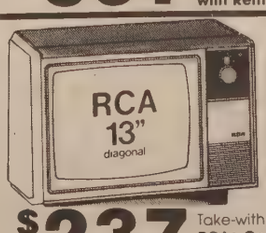
Model EGR358SR

$397 Take-with Price RCA® ColorTrak® Small Screen TV



Model EGR339FR

$347 Take-with Price ColorTrak® with Digital Scan Remote



RCA

Model EGA330S

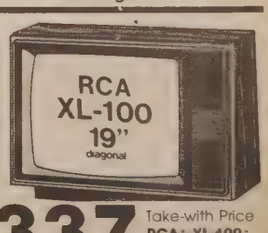
$237 Take-with Price RCA® Compact Color TV

Model FGR460WR

$447 Take-with Price RCA® ColorTrak® TV with Remote Control

RCA

Model FGC455W



$337 Take-with Price RCA® XL-100® Color TV

Hurry to Your Local Kmart The Saving Place℠

Sale Ends April 17, 1983

Tonight's the Wright night for the Irish

By OLGA BIER

It is indeed a great day for the Irish — as well as the rest of us — when Albany's Jim Wright sings tonight for diners at Northbrae Community Church's Wednesday night community dinner.

Sharing the spotlight with Wright will be his 15-year-old daughter Margaret, who will dance. She has won many awards in Scottish and Irish dancing competitions since she was six.

Her father, a stonemason by trade, is well-known in the Bay Area for his warm tenor voice. He has entertained in clubs and light opera here since 1965, and his repertoire includes Scottish and Irish songs, modern ballads and operatic arias.

It will be an all-Irish program tonight, however, even though a wee bit of a burr might be detected, a reminder of Wright's birthplace in Scotland. He will encourage the audience to join in what he calls "toe tapper," such as "The Same Old Shillelagh." He will also perform "Mother Macree" and "Danny Boy."

Margaret Wright, a sophomore at Albany High School, will perform an original dance. For the occasion, she will wear a green and mauve costume.

Of all her awards, she is most proud of receiving the Gold Medal for best dancer at the Edinborough Festival in Scotland in 1978. She plans to cut back on her competitions for now, however, in order to devote more time to her school studies and her flute.

Her father has no such plans. "I just love to sing," he said happily.

A student of the late Leonardo Ciarlo of Oakland, Wright trained for an operatic career. His wife Nancy says she "plays the sewing machine" but the children are all musical.

Older son Allan, a veterinary student at UC-Davis, is a pianist, and younger son Ian plays the drums. Ian is a member of the Air Force Concert Jazz Band, and heads a musical group of his own as well.

Jim and Margaret Wright have performed at Northbrae dinners many times. The community dinners have been held at the church for 45 years. Prepared by chef Harry Chin and church volunteers, the dinners are preceded by a non-denominational worship service and followed by entertainment.

Reservations for dinner may be made at 526-3805.

Albany's Jim Wright

PARK and SHOP Discount Food Markets

COCA COLA — REG. OR NEW DIET, $2.29 VALUE, 6-PAK 12-OZ. CANS — $1.39

89¢ VALUE — FACIAL TISSUE — SCOTTIES 200-CT. PKG. — 59¢

$4.89 VALUE — MJB COFFEE — 2-LB. TIN — $3.99 — COUPON

$2.19 VALUE — SYRUP — LOG CABIN — 24-OZ. BTL. — $1.69

83¢ VALUE — TOWELS — SCOTT JUMBO ROLL — EACH — 69¢

99¢-$1.09 VALUE — CORN CHIPS — LAURA SCUDDER'S (ALSO PORK SKINS 2¾-OZ. & CHEESE PUFFS 6-OZ.) — 10-OZ. PKG. — 79¢

$2.85 VALUE — BATTERIES — DURA-CELL TWIN PAK, C&D SIZES — $1.99

Fresh Eggs — RANCH PAK LARGE GRADE "AA" — DOZEN — 79¢

FARM FRESH PRODUCE

GRAPES — THOMPSON SEEDLESS OR RED EMPERORS — LB. — 99¢

BEANS — FRESH IMPROVED KENTUCKY WONDERS — LB. — 59¢

AVOCADOS — LARGE SIZE FUERTE — 4 FOR 99¢

APPLES — WASHINGTON RED DELICIOUS MEDIUM SIZE — 3 LBS 99¢

CABBAGE — FRESH FIRM HEADS — LB. 15¢

CARROTS — FRESH PICKED LOOSE PACK — LB. 23¢

LOW, LOW PRICES

POST RAISIN BRAN — $2.35 VALUE — 25-OZ. PKG. — $2.19

POST GRAPENUTS — $2.03 VALUE — 24-OZ. PKG. — $1.79

GAINES GRAVY TRAIN — $10.65 VALUE — 5-LBS. FREE BONUS — 30-LB. BAG — $9.69

MIGHTY DOG FOOD — ALL POPULAR FLAVORS — 45¢ VALUE — 6½-OZ. TIN — 35¢

LOW, LOW DAIRY

ALOUETTE CHEESE — BLUE, PEPPER, HERB, ONION — $1.59 VALUE — 4-OZ. — $1.39

MARIN FRENCH CAMEMBERT/BRIE — $2.69 VALUE — 8-OZ. PKG. — $2.49

COTTAGE CHEESE — CARNATION — 94¢ VALUE — PT. — 85¢

DARIGOLD GRADE AA BUTTER — $1.99 VALUE — LB. CUBE — $1.89

LOW, LOW PRICES

BAYER CHILDREN'S ASPIRIN — 85¢ VALUE — 36-CT. — 59¢

HEAD & SHOULDERS SHAMPOO — LOTION 7-OZ. — $2.19 VALUE 20¢ OFF LABEL — $1.59

VAN DE KAMP'S ROSETTES COFFEE CAKE — $1.49 VALUE — 3-PAK — $1.29

BANANA NUT LOAF — $1.89 VALUE — $1.69

LOW LOW FROZEN

TOTINO'S PARTY PIZZA — FROZEN SAUSAGE, CHEESE, PEPPERONI, CANADIAN BACON — $1.57 VALUE — 10-11-OZ. — $1.35

OREGON FARMS FROZEN CAKE — BANANA, LEMON PUDDING, CARROT — $2.35 VALUE — 15-17-OZ. — $2.09

SWANSON FROZEN BREAKFAST — Pancakes & Sausage, French Toast (4⅛-Oz.) (Scrambled Egg 6½-Oz. $1.05 Value) — 89¢

OREIDA FROZEN POTATOES — GOLDEN CRINKLES, GOLDEN FRIES — $1.55 VALUE — 32-OZ. PKG. — $1.29

MINUTE MAID ORANGE JUICE — REDUCED ACID — $1.43 VALUE — 10-OZ — $1.29

MINUTE MAID APPLE JUICE — $1.39 VALUE — 16-OZ — $1.14

$1.79 VALUE — DRESSING — KRAFT ITALIAN — 16-OZ. BTL. — $1.39

$1.61 VALUE — DETERGENT — IVORY LIQUID — 22-OZ. BTL. — $1.29

57¢ VALUE — SUGAR — C&H POWDER & BROWN — LB. PKG. — 2 FOR 89

$2.31 VALUE — DETERGENT — OXYDOL — 49-OZ. PKG. — $2.09

99¢ VALUE — JUICE — FLAV-R-PAC FROZEN ORANGE — 12-OZ. — 79

CHOICE MEATS & POULTRY

FRESH PORK ROASTS — LEAN PICNIC SHOULDER CUTS — LB. — 99¢

FRESH GROUND PORK — MAKES TASTY MEAT BALLS — LB. — $1.59

BONELESS PORK KABOBS — LEAN AND TENDER — LB. — $1.99

FRESH GROUND BEEF — ANY SIZE PACKAGE NOT OVER 30% FAT — LB. — $1.09

SLICED BEEF LIVER — SERVE WITH BACON OR ONIONS — LB. — 89¢

BEEF CHUCK STEAKS — EXCLUSIVELY USDA CHOICE BEEF — LB. — $1.79

GROUND BEEF CHUCK — NOT OVER 26% FAT — EXCLUSIVELY USDA CHOICE BEEF — LB. — $1.98

GALILEO ITALIAN SALAMI — 13-OZ. CHUB $3.29 — 6-OZ. PKG. SLICED — $1.79

FANCY SLICED BACON — BAR S FINEST — LB. — $1.79

PACIFIC RED SNAPPER — FRESH PAN READY FILLETS — LB. — $2.99

LONGACRE TURKEY FRANKS — 12-OZ. PKG. — 69¢

. . . FRESH PETALUMA CALIF. GROWN FRYERS . . .

FRESH FRYER LIVER — LB. — 79¢

FRYER DRUM STICKS — LB. — 89¢

FRESH FRYER BREASTS — LB. — $1.69

WHOLE FRYER LEGS — LB. — 79¢

LOW, LOW PRICES

OROWEAT RYE BREAD — Russian, Schwarzwalder Dark, Extra Sour, Dill, Swedish — $1.19 VALUE — 16-OZ. LOAF — 99¢

RAGU SPAGHETTI SAUCE — TRADITIONAL, HOMESTYLE ALL VARIETIES — $1.99 VALUE — 32-OZ. JAR — $1.79

DEL MONTE FRUIT COCKTAIL — REG. OR LITE — 77¢ VALUE — 16-OZ. TIN — 65¢

BONNIE HUBBARD FRUIT COCKTAIL — $1.02 VALUE — 30-OZ. TIN — 89¢

DEL MONTE CLING PEACHES — SLICED OR WHOLE, REG. OR LITE — 69¢ VALUE — 16-OZ. TIN — 63¢

LOW LIQUOR PRICES

OLD MILWAUKEE BEER — 6/12-OZ. CANS — $1.

ROBERT MONDAVI WINE — RED, WHITE 1.5 LITER — $3.

ROYAL GATE VODKA — 80° LITER — $4.

KORBEL BRANDY — 80° LITER — $7.

BACARDI RUM — LIGHT, AMBER LITER — $6.

PARK & SHOP GIN — 80° 1.75 ML — $7.

FREE EASY PARKING

PARK and SHOP Discount Food Markets

OUR PRICES SAVE YOU MORE

WE RESERVE THE RIGHT TO LIMIT QUANTITIES

FOOD STAMP SHOPPERS ARE WELCOME AT PARK & SHOP

1850 SOLANO AVE. • BERKELEY • 2655 TELEGRAPH

Prices Effective Seven Days, Wednesday thru Tuesday, March 22, 1983. No Sales to Dealers

Looking for your roots? Class makes search easier

By ROBERTA ALEXANDER

ALBANY — If you're curious to discover if your great-great grandfather was a crook or your great grandmother related to royalty, the appropriately-named Bette Root can help you find out.

Root will teach a beginning genealogy course at the Albany Adult School, which will meet Tuesdays from 7 to 9 p.m. beginning March 22. The class will meet in Room 108 of the high school, 603 Key Route Blvd.

"I've been doing this for 15 years, and I'll tell you, it's not a hobby, it's an addiction," Root said.

Her class will cover genealogy forms, record keeping, personal sources, census documents, federal records centers and library resources.

Root moved to the Bay Area recently in order to go to library school and further her skills as a genealogist. Although Santa Barbara, her previous home, was close enough to Los Angeles for her to take advantage of the genealogical library material there, she thinks the Bay Area is rich in resources.

"You can do a lot from home," she said. "You need to know how to write a decent letter, and how to organize the material when you find it."

How to organize the material is one of the things Root stresses in her 10-week course. She said that many people typically become interested in studying their family tree, do some research, collect some information and stuff the whole business in a shoe box.

"Then when they want to work on it, they dump the whole thing out and look for what they think they have. Soon they get disgusted and give up," she said.

She believes that with properly organized material, a person can set the project aside for weeks or even years and then come back to it easily. And she emphasized that studying one's history is a long-term project.

"I've discovered that I go back to some interesting early American families, but it isn't finished," she said. "Most people are ordinary, stay-out-of-jail types, so that's usually what you find.

"But you do need to have a low boredom point, since each problem that you solve will lead you to new problems."

The reason, she explained, is that anyone researching family history is going backwards, moving from the known to the unknown. So as soon as you discover the existence of another ancestor, you move on to investigate the background of your discovery.

Besides the resources in libraries in the Bay Area, Root also has kind words for the East Bay Genealogical Society, which meets the second Wednesday of the month at 10 a.m. at Breuners meeting room.

"It's important for genealogists to get together and share their enthusiasm," she said.

She hopes to give her students the tools to start on what may become a lifetime project.

"You want to know how to produce a record that goes back three or four generations, learn how to present it to your family, and make sure that it's accurate," she said.

For registration information, call 526-6811 days or 525-7131 evenings.

UC will comply with draft-student aid law

By TRAPPER BYRNE

[E]nding weeks of speculation, the University of California has announced that it will comply with a new law denying federal financial aid to students who [are] not registered for the draft.

[A]t the same time, university president David Saxon [said] UC will support efforts to repeal or modify the law, [kn]own as the Solomon Amendment, which is scheduled to [tak]e effect July 1.

The law, authored by Rep. Gerald Solomon, R-NY, [req]uires students applying for Title IV federal funds — in[clu]ding Pell Grants, Guaranteed Student Loans, National [Di]rect Student Loans and the work-study program — to [pro]ve either that they have registered for the draft or are [no]t required to do so.

Kate Jeffery, a financial aid analyst with the universi[ty,] said 23,000 UC students who receive Title IV funds are [req]uired to register. She said UC has "no idea" how many [of] these have not yet registered and would be cut off from [fed]eral aid under the new law.

Elissa Urlik of the Berkeley Draft Counseling Center, [a g]roup funded in part by UC-Berkeley's student government, said as many as 50 percent of the men in the Bay [who ar]e required to register for the draft have not done so. She also said it is difficult to determine how many [Ber]keley students would stand to lose their Title IV eligi[bilit]y because of the new law.

UC-Berkeley student body president Kathy Read [ask]ed Chancellor I. Michael Heyman in January to "begin [m]ovement toward the law's repeal" by not enforcing its [pro]visions. Heyman replied that he thought the Solomon [Am]endment was "extremely unwise," but that the univer[sity wa]s devising a systemwide policy on how it should re[spond].

[Sax]on announced that policy last week, saying that al[though] the law "inappropriately places the university in a [role] of enforcing a law unrelated to our educational [miss]ions," UC will nevertheless abide by it and withhold [Title] IV funds from students who have not registered.

In a letter distributed to the chancellors of UC's nine [campus]es, Saxon also said the university will join efforts [to] modify or repeal" the Solomon Amendment before it [take]s effect.

Pennsylvania Democrat Robert Edgar has introduced [a bill] in Congress to repeal the Solomon Amendment, and [Rep.] Patricia Schroeder, D-Colo., has also sponsored leg[islati]on to delay the date the law takes effect until July, [...]

In addition, the University of Minnesota and Maca[leste]r College in St. Paul, Minn., are expected to file [frien]d-of-the-court briefs in support of a lawsuit filed by Minnesota students asking that the law be over[turne]d.

Urlik said she was unhappy that Saxon's statement didn't go further in its opposition to the Solomon Amendment, but she added that UC was "on the right track" in its decision to lobby for the law's repeal.

Several universities, including Yale and Dartmouth, have announced that they will use existing programs that loan money to students ineligible for federal aid to reimburse students who haven't registered for the draft. Jefffery said the University of California has not yet decided whether to offer loans to UC students who lose their federal funds because of the Solomon Amendment.

[P]hysical conditioning [w]ith weights offered

[A]LBANY - Physical conditioning with weights, a class [for men] and women, is being offered again this spring by [Al]bany Adult School starting Tuesday, March 22, at 7 [...]

[B]eginners of all ages are welcome, as well as more [advan]ced students. "Students work at their own pace in [a rel]axed, sociable atmosphere," instructor Marty Halpern [said. "P]eople who follow a sensible program start to feel [st]rength and body tone within a few weeks."

[T]he class meets Tuesdays and Thursdays from 7 to 8 [at] Albany High School, 603 Key Route Blvd. [Fee] $24 for 10 weeks. To register or obtain more [inform]ation, call 526-6811 or 525-7311 after 6:30 p.m.

[C]hurch plans race [a]s a fund-raiser

[EL C]ERRITO — A 10-kilometer (6.2 miles) St. Pa[trick's Da]y Race will be held on March 19 at Lake Merrit, beginning at 9 a.m.

[The r]ace is open to runners in six age divisions and [...] be awarded to top three finalists in each divi[sion. ...]s will be given to all participants and envelopes [pro]vided for those who want the race results.

[The ra]ce is a benefit for St. Patrick's Episcopal Church [...] and the entry fee of $5 is tax deductible. It will [be held rai]n or shine.

[Preregi]stration is recommended and applications may [be obtain]ed by calling 799-1094 after 6 p.m. Late registra[tion ma]y be made at the Sailboat House parking lot on [... A]venue at Lake Merritt, Oakland, from 8-8:45 [the] morning of the race.

Briefs

Cutting the rug in 17th century England

The clothing may be California modern, but the music, dancing, and architecture will transport you to 17th century England.

The English country dances sponsored by the Bay Area Country Dance Society are a friendly, lively setting for a centuries old tradition.

English country dancing, an ancestor of modern American square dancing and country fiddling, goes back to the Rennaissance and Baroque periods. "This century has seen a great revival of interest, including the reconstruction of older dances, new dances being composed, and new dance groups starting around the world," said Don Forman of the society.

"Here in the Bay Area we are lucky to have the Claremont Country Dance Band, one of the oldest and best of its kind in the nation," he added.

"The dances are sociable events; one changes partners every dance, and the experienced dancers help beginners, so that no one is left out," Forman said.

Dancers meet twice a month (second and fourth Wednesdays at 8 p.m.) at the John Muir School, 2955 Claremont Ave. (near Ashby) in south Berkeley with caller Bruce Hamilton, the Claremont Country Dance Band, and frequent guest callers and musicians. Admission is $3.50.

Regular dances also take place in Palo Alto and San Jose.

For more information on any of the dances, call Forman at 525-3463.

Thayer's sea studies

KENSINGTON - Navy Lt. Cmdr. Steven S. Thayer, son of Harry and Nancy Thayer of Kensington, has completed the Navy's Communications Officer afloat course.

During the nine-week course at the Naval Education and Training Center, Newport, R.I., studied at-sea communication operations and procedures used aboard U.S. Navy ships.

Science classes set

Lawrence Hall of Science offers after-school and evening science classes in astronomy, biology, chemistry, computer science, mathematics, and physical science. Most classes run for eight weeks, beginning April 11.

The theme of the hands-on classes is "learn science by doing science." For more information and a free catalog of classes, call the Hall at 642-5132.

Here's 40¢ to try the irresistible taste and all natural flavors of... Crush®

Crush® Save 40¢ when you buy Crush

6 or 8 pack of cans or bottles or ONE 2-liter bottle any flavor

COUPON OFFER TERMS: Coupon good only when redeemed by you from customer on purchase of one 6 to 8 pack of cans of bottles or 2-liter bottle of Crush. Consumer must pay any sales tax. Coupon non-assignable. Invoices proving purchase of stock to cover coupons must be shown on request. Coupons not honored if presented through outside agencies, or others not authorized by us to present coupons for redemption. Cash value 1/20 of 1c, void where taxed, prohibited, or restricted. Limit one coupon per purchase. Please redeem by mail only to:
ROYAL CROWN COLA, 155 98th Ave. Oakland, CA 94614

Wed. Thru Sat. Sale

Kmart® The Saving Place®

Open Daily 9:30-9, Sunday 10-6

On Sale Thru March 26th

Lowest Price Ever Olympian™ Radials

•Quality By Uniroyal®

44.97 P155/80R13 1.51 F.E.T.

SIZES	REG.	SALE
P165/80R13	62.97	49.97
P185/80R13	67.97	53.97
P195/75R14	78.97	62.97
P205/75R14	82.97	65.97
P215/75R15	86.97	68.97
P225/75R15	88.97	70.97
P235/75R15	94.97	75.97

•STEEL BELTED • AGRESSIVE TREAD DESIGN • TREAD-WEAR RATING 240-ESTIMATED 72,000 MILES
PLUS F.E.T. 1.51 TO 2.90

4-ply Whitewall Sale

•7-RIB TREAD DESIGN
•TREADWEAR RATING 80-ESTIMATED 24,000 MILES

SIZES	SALE	SIZES	SALE
A78x13	31.97	G78x14	42.97
B78x13	35.97	H78x14	44.97
C78x14	37.97	G78x15	43.97
E78x14	39.97	H78x15	45.97
F78x14	40.97	L78x15	48.97

*Mfr. treadwear rating based On U.S. Dept. of Transportation's uniform tire quality grading system

Plus F.E.T. 1.60 To 2.80

Auto Service Hours: Mon-Thurs 8 a.m.-6 p.m. Closed Sun.

Auto Service and Tires Not Available in Napa and Antioch

Mounting Included No Trade-In Required

Motorvator™ 60 With Exchange
Not Available In Napa Store

Our Reg. 68.88 53.88 With Exchange
Motorvator™ 60 Battery
For many U.S., foreign cars and light trucks.

Action Pack® Battery
Our 78.88-86.88
59.97 Grp. 24
64.97 Grp. 27

Manufactured By Monroe® Auto Equipment

79.88 Pr.

On Sale Thru April 2

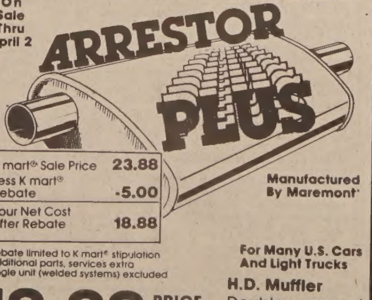
Sale Price - Installed
79.88 Pr.
McPherson® Cartridges
To fit many Toyotas, Datsuns and Hondas.

Sale Price - Installed
127.97 Pr.
Monroe® Super Strut
For many Horizon, Omni and X-body cars. Save.

MONROE MONRO-MATIC

MUFFLER INSTALLED

On Sale Thru April 2



K mart® Sale Price	23.88
Less K mart® Rebate	-5.00
Your Net Cost After Rebate	18.88

Rebate limited to K mart® stipulation
Additional parts, services extra
Single unit (welded systems) excluded

Manufactured By Maremont®

For Many U.S. Cars And Light Trucks

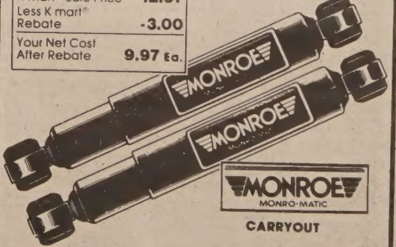
H.D. Muffler
Double wrapped zinc-coated for protection. Save.

18.88 PRICE AFTER REBATE

MONRO-MATICS

K mart® Sale Price	12.97
Less K mart® Rebate	-3.00
Your Net Cost After Rebate	9.97 Ea.

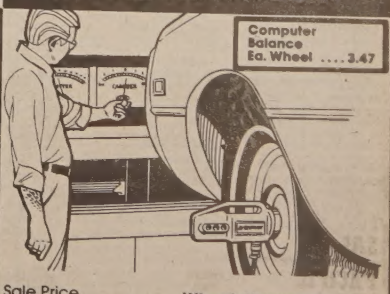
On Sale Thru April 2



MONROE MONRO-MATIC
CARRYOUT

9.97 PRICE AFTER REBATE
Popular sizes for many U.S. and import cars.
Rebate limited to K mart® stipulation

WHEEL ALIGNMENT



Computer Balance Ea. Wheel 3.47

Sale Price 15.88
Wheel Alignment
For many U.S., foreign cars. Front end alignment, K Care® safety check.
Additional parts, services extra

AT YOUR LOCAL KMART

CLASSIFIED
ADVERTISING

237-1111
Classified Ad Line
Open To Serve You: 8:30-5:00 p.m. Monday-Friday

Advertising Policy: The Publisher reserves the right to revise, reject or reclassify any advertisement.

Adjustments for errors: Please, read your ad carefully the first day it is printed. North Bay Newspapers will not be responsible for more than 1 incorrect insertion of any classified ad or for errors not clearly affecting the value of the ad.

Deadlines: **Classified liners** are taken up until 5 p.m. for publication in the following day's paper.
Classified display ads are due by noon 2 full days prior to publication. Display advertisements for THE SUNDAY PAPER are due by noon Thursday.

LOST 010
LOST cat, large white male, central Berkeley, 3/3/83. 843-6586.

FOUND 011
FOUND: Female Tabby, grey, young. Vic. 23rd & Clinton. Call 237-8194

YELLOW Lab, female, older; Tibetan Terrier, male, black with white, 6 mos., Montclair. 527-2647

3/10/83 Rheem Ave, Rich. Older German Shepherd type dog w/ chain collar. 233-1592

PERSONALS 025
FREE Pregnancy Screening, Abortion Services. Oakland Feminist Women's Health Center, 444-5676. Every Woman's Clinic in Pleasant Hill, 825-7900.

Spiritual Psychic
Adivce on love, marriage, business. Help reunite the separated.
Spec $10 Reading
$2.00
1 free question by phone
763-8588

WOMEN!!
How much do you know about birth control?
Have you ever heard of a Cervical Cap? Available at 3 Bay Area clinics. For information call 444-5676 or 825-7900.

BUSINESS PERSONALS 035
DIVORCE HELP
LOW-COST SERVICE
EVES & WKNDS $40-UP
PERSONAL ATTN.
625 San Pablo Albany
526-5651

SPECIAL NOTICES 037
RENO BUS TOUR
Daily Departure
Call DINCO TOURS
El Cerrito 527-2175

INSTRUCTIONS 045
AIRLINE AND TRAVEL
Aero Career Academy
L-825 Oakland Airport
800-852-7777 opr. 542

BANK TELLER
TRAINING DAYS, EVES
Free Placement Assist
CALL 788-4166

Train For Switchboard OPERATOR
9 wks hotel, hosp., office
No Age Limit Day,Eves
Free Placement Assist
CALL NOW 788-4166

CHILD CARE LICENSED 048
LOVING Child Care. Meals, learning program. 7am-6pm. Hilltop area. 233-6118; 237-2243 aft 5:30

THE Richmond Child Development Center is accepting applications for pre-school & childcare. Hot meals, field trips, transp. provided. 233-4080.

HELP WANTED 060
22 OPENINGS
Housekeeping in private home in your area to your schedule. 20-40 hrs per week. No taxes or fees withheld. $5 per hr in 16 weeks with periodic increases. Need car & phone. Dana's Housekeeping, Inc. 654-3384.

BEAUTIFUL dancers for ligit nightlub act. Call Bernard 707-425-1972

BOOKKEEPER. Full charge for fast paced growing import/export mfg. firm. Req. accurate typist 50 WPM, good communication skills a must. CA Drivers Lic. req. Non-smoker. Joyce 644-2739

ACCOUNTANT-bookkeeper full charge, small office Berkeley hills. Require exper. corporate affairs, car required. Salary open. Send resume to: 2000 Center St., Box 1306, Berkeley, Ca. 94704.

CLERK for LIQUOR STORE, part time. 799-4371; 799-2816

CO—ORDINATOR for Berkeley Citizens Action. Must raise own salary. Job description avail. 549-0816 or 524-7346. Deadline 4/1.

DELIVERY DRIVERS
Must know area well, have auto. Apply, 9-5; 12425 San Pablo Ave. Suite B, Richmond.

DENTAL ASST. Exper. RDA. Mon-Fri, 40 hr/wk. 232-2113 9-5.

INDUSTRIAL Mechanics-free training. Berkeley residents only. 644-6140

INSURANCE, Warranty Sales. Light bookkeeping exper preferred. Sales training available. Call bet 5- 7 pm, 234-3404.

INTERNATIONAL OIL DRILLERS
Now hiring for roughnecks and some field staff. Must train. $20,000 plus. For info call (312)920-9675 ext.2214B

HELP WANTED 060
MATURE exper., salesperson, some dance related exper. helpful. Able to work flexible hours. Future mgmt oppty. Call for interview 526-6000

NURSING Assistants. Exper., full time, day shift. Hillside Manor Convalascent Hospital, San Rafael 479-5161.

PAINTER. $5 per hour. House in Berkeley. Refs. req. 522-6888

PLEASANT phone work for local merchants. Hours 9-2 or 4-9. Hourly or commission. Apply 9-5, 12425 San Pablo Ave. Suite B, Richmond

POLICE SERVICES ASSISTANT
$1286-$1563/mo.
HS diploma, 2 yrs experience preferably with law inforcement agency. Performs variety of quasi peace officer tasks relating to crime prevention, complaint reports, evidence collection/storage, vehicle abatement, dispatching, record keeping. Must type 40 wpm. Contact City of San Pablo Personnel, #1 Alvarado Square, San Pablo, Ca. 94806. (415) 234-6443 ext 4319 for more info. Deadline for applications, March 25, 1983, 5:00 pm. No postmarks accepted.

READER: Do you read more than anyone you know? We need a person who loves to read, has an excellent memory, is very reliable & can show that they are not a job hopper. Over 38 pref. Will train. Benefits. Apply 9-11 am, 657 Mission St. Rm 602 S.F.

RECEPTIONIST/Bookkeeper-Chiropractor's office. Fulltime. Salary dep. on exper. Send resume to: Dr.'s Office, 902 Sante Fe Ave., Albany, Calif. 94706.

RESIDENT MANAGER
Mature couple to manage 29 unit apt bldg in Berkeley. Compensation includes apt, utilities and salary. 848-2917 or 392-3043

SALES CLERK. Mature person, full/ part time, must be avail to work weekends, holidays & nights until 9 pm. Apply Woolworth Co. 420 El Cerrito Plaza Tues thru Fri. 10 am-11 am and 2 pm-4 pm. m/f, E.O.E.

SEAMSTRESS. Exper w/ Juki and blind stitch. knowledge of fabrics,own transp. Send resume. P.O.Box 479 Rodeo. 94572

HELP WANTED 060
SECRETARY in Kensington investment real estate office. Good typing skills, pleasant phone manner & bookkeeping required. Salary neg. Ed Hammonds, 526-5225.

WEATHER Strippers to install ZIP Big 6 items. Call 223-8749.

TEMPORARY OR PART TIME 065
BOAT OPERATOR MARINE TECHNICIAN TRAINEE. Age 17-34. No exper required. Part time, good pay, fine training, great benefits. Work one weekend each month in Army Reserve. Call weekdays 10 am to 5 pm. SSG Gauthier, 232-5466.

CLERK TYPIST TRAINEE. Age 17-34. No exper required. Part time, good pay, fine training, great benefits. Work one weekend each month in Army Reserve. Call weekdays 10 am to 5 pm. SSG Gauthier, 232-5466.

FINANCIAL Services-Management. Second income people only, honest ambitious, mature. $210.comm per wk average 2 hrs per day. Call Mr. Walker 236-1376, Weds or Fri 7-9 pm or Thurs 9am -5 pm.

GENERAL OFFICE
Includes typing and light bookkeeping, computer exp. helpful, part time to start. Mail resume to Bytek, 1730 Solano, Berkeley 94707

MEDICAL Receptionist, exper. Pinole. Send resume: Box 399, Contra Costa Independent 164 Harbour Way, Richmond CA 94801

SNACK BAR Attendent for Pinole Valley Lanes, part time nights & weekends. Good pay, company benefits. Apply in person 1580 Pinole Valley Rd, Pin.

STYLIST & Manicurist. Booth space avail. Part/full time. 527-9747.

SALES HELP WANTED 070
INSULATION Salesmen wanted, exper. PG&E ZIP need only apply. 37¢ par. C & T. Insulation 223-8749.

TELEPHONE Collectors, exper.for local insurance agency. $10.00 appt plus bonus for interview appt. Call 724-3780.

$400/wk plus bonuses immed. openings for phone sales positions. consistant pay on commission basis. Apply at 1301-65th St. or Call 654-2632 1-5 pm.

SALES. Become a model, actor, make money with your talent, promote new products, men/ women-part & full time-compensation varies, fees & comm. Call Teddy 621-5842

ALLIED Enterprises needs hundreds of sales account personnel for expanding company. No experience nec. Part-time or full-time. $500 week plus commission. For information write: Allied Enterprises, 2124 Kittredge, Suite 51, Berkeley Ca. 94704.

WORK WANTED 075
Child care-Hercules, nr. Ohlone School. Exper. provider. 799-0972.

WORK WANTED 075
PRO PAINTING-houses, apts. Exclnt prep. $5 hr/free est. 527-8481

WORK WANTED 075
WILL babysit-Rich/San Pablo/Parchester area. Days/eves/wknds. Hot meals. 2-10 yrs. 236-9524

DOMESTICS 085
CHILDCARE ASSIST. Resp. creative & willing to work. Lynn 234-5381

DOMESTICS 085
ENERGETIC person wanted for housecleaning & occasional companion to elderly couple. 3-4 hr/ 2 times per week at $5/hr. 525-3462.

Classifieds get results

MISCELLANEOUS FOR SALE 490

EXPERT TAX SERVICE
Call us for all your tax needs. We are familiar with all the recent changes in tax laws and will be glad to explain these deductions to you.

professionally prepared income taxes
ABACUS TAX
1798 Shattuck Ave., Berkeley
848-8586

INCOME TAX PREPARATION
Cathy Netz, E.A.
(Enrolled by the U.S. Treasury to practice before the IRS)
1607 Solano Ave., Berkeley
FOR APPT. CALL:
527-9815

TAX DEDUCTIONS
returns completed on the spot
Peter Morfin
236-9592 Or 652-4401 ext 643

TAXES PREPARED
Specializing in the self-employed
St. Patrick's Day Special
Come in for your tax interview by March 17th and get a 10% discount.
ABBEY TAX
841-9081

STRAIGHTEN OUT YOUR TAXES
Individuals
Small Businesses
Partnerships
Proprietorships
Corporations
tax returns by computer
Jean Wightman
10296 San Pablo, El Cerrito
525-5030

ALAMEDA BUSINESS & INSURANCE SERVICES
INCOME TAXES
COMPUTERIZED
Accounting - Bookkeeping - Taxes
General Ledger, Payroll, Accounts Receivable, Accounts Payable and Inventory Management.
Weekly, Monthly or Quarterly
1543B Webster, Alameda
522-1035 522-0507

The new tax laws. This year's No.1 reason to go to H&R Block.
This year you're faced with over 100 changes in the tax laws and forms. Did you know that working married couples may deduct up to $1,500 for the first time? There's even a new entry for charitable deductions on the 1040A short form. And that's just the beginning! We know every change on every form.
H&R BLOCK
The new tax laws. This year's #1 reason to go to H&R Block.

1231 Solano Ave., Albany 526-2285
2429 Macdonald Ave., Richmond 233-5784
1474 University Ave., Berkeley 548-1395
10285 San Pablo Ave., El Cerrito 526-3875
14255 San Pablo Ave., San Pablo 236-8010
12200 San Pablo, Richmond 236-1266
3738 San Pablo Dam Rd., El Sobrante 222-4622

Find out what you need to know.
New laws make this year's taxes more complex and investment decisions difficult. Will you take all the advantages of the new law?
Call Harry Rabin
- find out about your 1982 taxes
527-1177
Central Ave. & Kearney St.
El Cerrito

Gee, Rabin & Associates
Business & Tax Consultants

CONVENIENT!
You Can Charge Your
CLASSIFIED ADVERTISEMENT
ON
VISA or MASTERCARD
IT'S CONVENIENT • IT'S EASY
IT'S A TIMESAVER
CALL: 237-1111
OPEN FROM: 8:30-5:00 DAILY

Call Marilyn

237-1111

ATTORNEYS 123
SERIOUS INJURY?
Personal Injury claims
Free consultation
Attorney 548-9800

AUTOMOBILE SERVICE 130
EMERGENGY REPAIR
Free towing available
Understandable rates
plus basic shop. 235-4399

Available 131
Sparkling Clean Detail Dye vinyl top, steam motor, polish & wax, carpet & seat shampoo. 5% off with ad. 232-6029

BRICK, BLOCK AND MASONRY WORK 148
ALL kinds of cement work; block, brick, landscaping. 527-9788.

BRICK blocks, retaining walls, or any kind of cement. Free est.724-4028

CARPET/LINOLEUM INSTALLATION 169
PROFESSIONAL Carpet man. 15 years. Expert. Call 526-8599

CARPENTRY 172
CARPENTER, Handyman. Indoors & out. PERRY 234-5679

CARPENTRY 172
CARPENTRY, cabinetry, remodeling. Mike 849-3185; 525-7279

HOME improvements, repair, & remod. No job too small. Reas. 237-1964

HOME Reconstruction. Additions, sun decks, carpentry, electrical, and plumbing. Lic. 310661. 527-4419.

HOME SERVICES
10 years local exper. Remodeling from top to bottom. 235-4399.

FENCING
Carpentry. 235-4399.

LIC Carpenter for 23yrs. Can do any building or repairs Free est 237-7384

CARPET CLEANING 175
WORLD CARPET "STEAM" CLEANING
Living room & hall-$24.95
Any add'l room-$12.95
Call anytime 235-3384

CONCRETE 184
AAA Concrete & Asphalt Patio, drainage problem, fencing, commercial & resident. Lowest price. Any area. 635-1335.

CEMENT-Roofing, 10% off. Handyman. Tiller Rental 799-5240, 237-5920

CONCRETE 184
CEMENT work, roofing, low cost, free est. Lic. Dave 234-1088; Mess. Johnson 540-0671

CEMENT WORK
all types Try Me.Free est. Anytime 234-3239

JACK HAMMER & Dump Truck Service, 7 days a week. 444-4011

GARAGE DOORS 217
GARAGE doors custom blt. Repair, sectionals & install. Genies Serv. A.M. 685-0936; aft 2, 524-6182.

DRYWALL 229
SHEETROCK
HANGING & TAPING
Free Estimates 232-3362

SHEETROCK taping, acoustic ceiling Guaranteed
Free est. 236-1845 eves

ELECTRICAL CONTRACTORS 232
$SAVE$ Brook's Elec. Co. 841-4099
#383332-No job too small!

FURNITURE REFINISHING 250
FURNITURE Refinish. Antiques & pianos, also. Free est. Bob, 787-1113; Ed, 787-1458.

GARDENING 253
A-A GARDENING
Pruning, trim, cleanup, Maint.& haul. 8 yrs exper. Reas. Free est. 232-8619.

GARDEN & Tree Service
PRUNING, trees, shrubs removal, maintenacne
YARD CLEANUPS
Free est. Vince 222-3888

HAVE WEEDS over run your yard? Complete cleanup $20 and up. Pruning, concrete. Free est. 234-4860.

HOME Landscaping, new lawns, clean-up, mntnc, tree work. 261-2531.

LAWNS mowed, edged, fert. Reliable. Greenlawn Service, 237-2179.

MYERS Gardening
SOD Lawns/1 Day
B of A-Mastercharge
Monthly Service 235-5776

FALL pruning & cleanup Sod lawns, exper.& reas. Tom Yamamoto 222-0325

WINTER PRUNING
Fruit trees, Roses, Shrubs,Trees. Hauling. Expert Quality. 524-9379

GENERAL CONTRACTOR 256
10% Discount All Home Repair. Additions, remodeled, Lic. 799-0322.

GENERAL CONTRACTOR 256
ADDITIONS, REMODEL
Baths, Kitchens, Doors Windows, Foundations Drainage Control. 26 yrs Lic. 355155, 843-0356

GENERAL Contracting Lic. 392591. Termite control & inspections. Lic. 6341. All phases of construction & remodeling. John, 758-5556.

HOME IMPROVEMENTS
Experienced carpentry work. Room additions and kitchen remodeling. Lic#165754. Assist in financing. Free estimate. 235-8499
Cecil L. Price, builder

JIM HART CONST.
Quality-Reliability Integrity
Lic+358399, ins. 527-2016

REMOD., additions, foundations, retaining walls. Lic 391027. 420-9625

HANDYMAN 265
ALL home repairs. Linoleum, tile, Bestile, plumbing, painting (ext., int), carpentry, elect., Reas. Free est. Guar. Not lic. Charles Pont 234-3956.

ALL HOME REPAIRS
Paint, plumb, electric
Bruce, 234-1623

HANDYMAN 265
HANDYMAN, Concrete insulation, repair or build anything. 707-557-4205

ELEC. fencing, plumbing, remodeling. 25 yrs exp. No lic. 524-4631

EXCEL. Work. Discount rates. Painting, carpentry, masonry, roofing, all labor. 527-5594.

HANDYMAN carpentry, house repairs, painting, odd jobs, yardwork. Refs. Reas.rates. Tom 848-2892

HANDYMAN, carpenter, Friendly+,reas.flawless repairs845-8088 eve

MEDINA Maint. plumbing, elec, water, gas heaters, stoves. 25 yrs exp. No lic. Free est. 236-4234

NEED A HANDYMAN? I do remodeling, roofing, decks, awnings, cement work, painting, plumbing. Very reas. rates. Free est. 724-0929.

PROF Painter w/carpentry elec, tiling, & plumbing skills. 23 years exper. Low cost free est. 527-1458

RETIRED shop instructor-w/repair business since 1948. Quality work, satisfaction assured,Reasonable rates. 843-1035

STUDENT HANDYMAN
4 yrs exper. gardening, landscaping, painting, hauling. Quick clean service, free est. 233-8739

HAULING 268
A-1 Hauling Trash, light moving, odd jobs.Reas. Free est. Days, eves. 7 days week. 222-0380.

BEST Hauling & Moving
Whatever you need done, dumpload $25+ 841-1846

BILL'S HAULING. Lot clearing, shrub trim, general cleanup, trash removal. Reas. 845-5957

CALL ME!
for all your hauling & cleaning. JOHN: 236-9461

GREG'S DEPENDABLE Hauling. Trash, bushes, etc. 237-0702.

YARD WORK-HAULING & Odd jobs. Free Est. Call Ray, 237-4305.

HEATING/FURNACE SERVICE 271
HEATING & PLUMBING repairs. Elec. Snake Plumbing & Heating. 223-5306, 529-1860.

HOME SERVICES 277
FULL Burglar Alarms & elect. work done by skilled electrician
SAVE MONEY! 236-1497

HOUSE CLEANING 283
ED'S HOUSE, Carpet Cleaning. Upholstery, walls, windows cleaned, floors waxed. 529-2015.

INCOME TAX 292
CRAYTON'S Bkkping & Tax Serv. 1964 Rumrill SP. 236-0358, 236-0351

EXPERT income tax service, your home or office. 1 day del. Reas. Call anytime 235-6501.

LANDSCAPING 298
AA All Experts & More Berk landscaping. All types gardening, cleaning & hauling. Bi-weekly, weekly maint. Any area. Best Price. 635-1335

JOHNNY'S GARDENING SERVICE
Landscaping, maint.hauling, cleanup. 547-4441

RARE Earth Landscape Prof. design, decks, fences, lawns, irrigation. #359520. 524-8794.

PAINTING 331
ALWAYS RELIABLE
Roller & Brush Painting Co. Free est. 524-8776

BILL WONNENBERG
Interior-exterior. #208273. Personally supervised. Reas. 525-8676.

EXTERIOR,INTERIOR
Good surface preparation References. 527-7693

EXTERIOR—INTERIOR
Painting & water blasing. Non-licensed, insured. 799-1318; 223-6784.

PAINTING 331
EXTERIOR-INTERIOR prof. quality, free est & refs. 526-2685 Bob Flynn

HOUSEPAINTING
Skilled lic. 364694. Reas.
PAPERHANGING.
Raymond Todd 222-2302

INTERIOR/Exterior-Painting. House, Apts. Reas.rates. 658-9106.

INTERIOR/Exter. Insured, exper. low cost. Free Est. 524-6316 Tony

INTERIOR-exterior painting, careful prep. 12 yrs exper. Exc. local refs. Steven. 526-5469

PAINTING-Since 1962. Home-Ranch-Business. Terms Avail 223-2496

PAINTING IN & OUT Fair price. Free Estimate. 232-7151.

PAINTING Paperhanging, finish work, light contract. 724-2938

PLUMBING 349
ELECTRIC SNAKE SEWER SERVICE
Drains Opened
Plumbing Repairs
Water Heaters
$28.95
24 HOUR SERVICE
223-5306 529-1860

PLUMBING-#376063
236-4360 J. Legree
236-1144 A. Robinson

PLUMBING
PLUMBING ...
Repair & ...

PLUMBING ...
Wk guaran...
unlicensed ...

ROOFING
FREE EST...
Quality roof...
try repairs...
Refs. Spec...
rates. All ...

ROTOTILLING
LEO...
ROTOTI...

TILE
QUALITY TI...
linoleum, ...
mosaic, ...
pentry. ...

TREE SERVICE
BEST Price...
Any Area. ...

TREE WORK...
All types ...
Insured. ...

HERE'S a ...
way to ...
on some ...
items you ...
need in C...
237-1111.

...dge

NORTH 3-15-83
♠ A 3
♥ A 9 7 4 2
♦ K 10 8 7
♣ A 8

WEST
♠ Q 10 8 6 2
♥ 5 3
♦ 5 3 2
♣ Q 10 7

EAST
♠ 7 4
♥ Q 10 8 6
♦ J 9
♣ K 9 4 3 2

SOUTH
♠ K J 9 5
♥ K J
♦ A Q 6 4
♣ J 6 5

Vulnerable: Both
Dealer: North

West	North	East	South
	1♥	Pass	2♦
Pass	3♦	Pass	3♠
Pass	4♠	Pass	4♦
Pass	4♦	Pass	6♦
Pass	Pass	Pass	

Opening lead: ♦2

By Oswald Jacoby
and James Jacoby

South's two-diamond response to the one-heart opening is the correct expert move. He wanted to make sure that North would know that he, South, only held four spades. After that start the bidding proceeded slowly to a rather sporting six diamonds.

South won the diamond lead with his queen over East's nine. A second trump to dummy's king dropped East's jack. Now South was ready to go after hearts. They went king, ace, ruff with a six-spot, which was high since the jack-nine of trumps had dropped. Then it was back to the ace of spades and ruff another heart with his ace. Then back to the ace of clubs to pull West's last trump.

Then South cashed dummy's last trump and fifth heart. The king of spades was his 12th trick.

"You're just too lucky," exploded West. "Would you have bid the slam with the five instead of the six of trumps? Wouldn't you have gone down if I held the jack of diamonds?"

"Not too lucky," replied South. "After all, the spade finesse was off and hearts didn't break 3-3. But I did play the hand pretty well, didn't I?"

(NEWSPAPER ENTERPRISE ASSN.)

DOMESTICS 085

AMBULATORY elderly lady, 2 other adults in household. Fluent English, gentle, capable & non-smoker, no alcohol or drug abuse. Assist w/personal care incl; bathing, dressing, no nursing req. Prepare light breakfast, lunch for elderly lady & asst. w/dinner. Washing, ironing & other very light housekeeping duties. Other household help incl; part-time cook & housekeeper. $700 mo. plus board & pvt. apt. must have own reliable car & valid CA. drivers lic. Car maintenance provided. Some air travel from time-time req. Pref. 3 afternoons off weekly and/or as arranged. Berk. For interview resume & 2 recent references w/phone numbers to Box 400, Berkeley Gazette, 164 Harbour Way, Richmond CA 94801

MUSICAL INSTRUMENTS 455

PIANO Upright antique green. $275/ best offer. 526-7493, 526-1317

STEINWAY Grand Piano Model A. 6-4. Excellent cond. $12,500/best offer. 763-2204 evenings

PETS & SUPPLIES 460

GOLD Retriever pups, AKC 8 wks w/shots. Show & field Champ. stock both parents. 724-6849

FEMALE Doberman, 1 year old, papers & shots. Needs good home. $50. 235-9111

PETS & SUPPLIES 460

CHIHUAHUAS
6 weeks
AKC. $125
Call 237-5796

AMERICAN Staffordshire Terrier Pitbulls. 3 months. AKC, sale $100. Call 233-2180

PURPLE Ribbon Pitbull for stud. $200. Also Pitbull pups, with papers. $200 offer. 236-4472

CARPETS, DRAPES AND HOME FURNISHINGS 475

BUNK BEDS: sturdy, incl. mattress and ladder. $159. Aaron's 653-4706.

7 ft. sofa & love seat, rust & beige
Excellent cond. $275
232-4161

MATTRESS sets; firm, clean, sanitized. Twins $39. Doubles $69. Queens $89. Also Serta and Simmons. 653-4706.

WATERBEDS, unfinished, $143. Padded, stained, rustic, $169 ea. W/bookcase headboard, $199. Over 50 styles. Mattress pads, $12. Sheets, $25. Heaters, $39. Mattresses, $35. Dreamweaver, $69. Dinettes, $49. Sofa & Love, $199. 5 piece bdrm set, $89. Mattresses: twin, $24; full, $34. Bunkbeds, $69. 3 rooms furn., $599 save $300; $21.60/mo. Al's, 721 Tennessee, Vallejo. (707) 648-1813.

ANTIQUES 480

FAINTING couch, 200 yrs. old, German made, $450. 235-8690..

ANTIQUES 480

1928 ELECTRIC HOTPOINT STOVE
Antique. Good cond. $500. 232-5522

GARAGE-YARD-RUMMAGE SALES—AUCTIONS 485

TOOLS! Late Machinists hand, power, gen. Home misc. Gar: 505 Ashbury, E.C. 9-5 Sat. 3/191

BERKELEY Flea Market. Sats & Suns, 8-5 pm. Ashby & Grove. Great bargains, fun & food!

FLEA MARKET. Every Fri., Sat & Sun. 7 to 4. Cortese Warehouse. 121-23rd., Richmond.

TRASH & TREASURES Sale. Sponsored by Zonta Club of Berkeley. 2178 Shattuck Ave. Berk. Friday, 3/18, 11-4. Sat. 3/19, 10-4, Sun. 3/20, 10-4.

MISCELLANEOUS FOR SALE 490

HONDA Water Pump: 3000 gph. Brand new. Sac. $200. 232-7697.

HOSPITAL bed, all electronic, excellent cond. $500. 525-9335 eves.

MOTORCYCLE boots, Highpoint, size 10, $90. 724-9713

OAK DESK, good condition. $450/best offer. 222-5946 after 5 p.m.

DINING Set wrought iron table, 6 chairs, hanging fixture $250/offer. 841-3373 eves only

MISCELLANEOUS FOR SALE 490

GENERATOR: Honda EM 3000 w. Dual 120/240 outlets. Brand new. Cost $1100,sell $850.232-7697.

ALMOST new pin ball machine, excint cond. $1700 value, asking $800 or best offer. 232-4127.

COUCH, love seat, coffee table, 4 ft stools, end table, lamp. $350. 222-0370

9x12 Persian Seroukh rug twin bdrm set. 20cu.ft. Ward freezer combo side by side 2 yrs $400 526-8150

FIREWOOD split seasoned, Euc. $109/cord. plus TX plus $1.5/mi. 339-8245; 339-2760

SOLID oak kitchen table w/ 4 chairs, brand new. $400. Queen size brass bed, $600 or exchange for wall unit. 223-3616

MATTRESS/box spring. Simmons and Serta. Factory irregulars 40% to 60% off.
Aaron's 653-4706

$12.50 Serv. Call
On washers, dryers, refrigerators with this ad.
233-3086
Vern's Appliances, SP

APPLIANCES 492

BUY AND SELL
late model refrigerators and stoves. 428-0435

WARDS Stove, 4 burners; freezer, lg chest type; GE washer, $175 for all or offer. 236-2585 aft 6

APPLIANCES 492

MAYTAG DRYER
Nearly new, electric. Excellent condition. $200. 525-7384

WASHER, DRYER $65. Apt. refrig. $95. 30 inch gas stove $125. 45 day guarantee. 235-4159

WASHERS & DRYERS
Refrig's, stoves, freezers
JOHN'S APPLIANCE
1096-23rd St. Richmond
223-1250. Fully guaranteed. Free local delivery

RECONDITIONED HOME APPLIANCES
Completely guaran.
Terms. Free delivery.
Since 1934.
WICK'S APPLIANCES
2617 Shattuck, Berkeley
549-0800

FOR SALE OR RENT
Large stock of new and reconditioned appliances. Commercial washers and dryers. All fully warranted. Check our prices before you buy.
FREE DELIVERY
HARDINA APPLIANCES
400 Carlson Blvd, Rich.
529-1530 232-2911

15% Off With Ad
Over 40 refrigerators to choose from, $89 & up; freezers $149; stoves, all sizes, older & late models, large selection, $99 & up. Washers & dryers $89 & up. Guaranteed parts & labor. We deliver. Taylors Appliance, 10281 San Pablo Ave., El Cerrito, Ca. Call 526-9055.

FIND, Rent, Tell, Sell, Buy, Hire, Locate, Trade--do it all in classified. Phone 237-1111.

GIVE AWAY 493

2 DOGS. 8 mos. male Lab/Shep. Female Irish setter/Lab mix. 232-7552, 232-2906; 222-2640.

2 year old male IRISH SETTER
Good with kids. Good home Only. 223-4610.

4 YEAR OLD spayed female dog. Apso/Sheltie. Children outgrew her. 236-3830

2 yr old beautiful male Siamese Seal Pt pedigree, free to good home. 655-2722, 654-1715, 652-3593

BARGAIN COUNTER 500

CHIHUAHUA, purebred, male, 1 yr. 5 mos. old. $50. 237-6113.

TV. 19 inch color, portable Zenith, Good cond. $150. Call 724-6529

BARGAIN COUNTER
3 LINES
4 TIMES
$5.50
ITEMS FOR SALE

Items for sale must be priced, not to exceed $500.00. Cash with copy. To stop ad notify us immediately. Stops allowed after first publication. There is no limit to the amount of ads one may place.

237-1111

BARGAIN COUNTER 500

MUST Sell immed. dining rm set (chrome & glass)& coffee table $350 222-0589

USED baby stroller $20. Table $2.00. 526-8164.

DRESSER $100
AM/FM console $50
222-0380

ROASTER oven w/fan $20. 8ft sofa Salmon color $65. Wing chair & ottoman, naugahyde $55. 233-4409; aft 4pm.

HAMMOND Organ w/Leslie, $800. Black & white TV $65. Texas instrument computer, never used $190. Freezer, Signature $175. 223-6646

BOATS AND SUPPLIES 510

14 ft. ski boat, needs work, 70 HP Merc. $650. 525-0167.

8 ft. Sabot sailboat, new sail, $425. Gino 444-0504; 236-8863.

'70 16 ft. Arrow Glass boat, Meri-cruise eng. ski hook-up, gd fishboat, $2700 or offer. 236-8835.

your marketplace the WANT ADS

Consumers Mart

• A DIRECTORY FOR SALES AND SERVICES

ATTORNEY AT LAW

YOU FACE:
Jail / Fine
License Restriction
Higher Insurance
DRUNK DRIVING
YOU HAVE LEGAL RIGHTS
Vaughn E. Spunaugle
attorney at law
FREE CONSULTATION
223-5842

AUTOMOTIVE

Sparkling Clean Detail Service
- Waxing
- Buffing
- Polishing
- Pinstriping
- Vinyl Tops Dyed
- Steam Engines
- Hand car wash

2050 MUIR RD.
SAN PABLO
JOHN 232-6029

AUTOMOTIVE

AUTOS WANTED
We Buy
Old Junk Cars
Top Cash. Up to $65. We sell used parts & put on. American & Foreign. Starters, Alternators, Generators, other parts.
232-2232
232-8304

CABINETS

TROY'S CUSTOM WOODWORK
Specializing in all types of Custom Cabinet Woodwork
What you want — we can do!
FREE ESTIMATES 787-1055

CARPET CLEANING

Make a Clean Start for the New Year
To maintain your present floor or install new carpet or vinyl — Truck-Mounted Steam Cleaning System & Flood Extraction starting at
13¢ per ft.
CARPET DOCTOR
5327 Jacuzzi St., Richmond
(Jacuzzi Center Complex)
527-0727

CLEANUP SERVICE

TONY'S CLEANUP SERVICE
"We help the average working man stay afloat!"
HAULING
As low as $10. per pickup
FREE ESTIMATES
Also Landscaping
787-1055 787-1661
No job too big or small

SERVICES

FOR SERVICE WITH A SMILE!
To find just the expert you need to get those jobs done quickly and efficiently, consult the daily Service and Repair Guide in the classified section!

COMPUTERS

Televideo Computers
Okidata-N.E.C. Printers
MicroPotential
1600 Shattuck
Rm. 216, Berkeley
644-1045

CONSTRUCTION

PROFESSIONAL SERVICE ONLY
-Retaining Walls-
-Drain Pipe-
-Walkways-
-Driveways-
-Footing Slabs-
-Small Backhoe-
Dump Truck & Loader
Lic. #339398
25 Years' Experience
232-6131

CONSTRUCTION

A&K Construction Co.
General Contractor
Lic. #432054
No Job Too Small
No Job Too Big
524-6796

COUNSELING

WAYNE MORRIS, M.S.
Counselor
Individuals
Couples
Group Counseling
Lic. M168396
Therapy and Education
527-4096
701 Grizzly Pk. Blvd.
Berkeley 94708

DAY CARE

DAYCARE
and
Pre-School
activities offered in my family type Albany home. Nutritious Meals.
0-12.
524-3314

DAY CARE

Sandra's Day Care
- Ages 1-12
- Open 6 a.m. to 6 p.m.
- A certified teacher with 11 years experience.
- Structured learning program from 8:30 to 11:30 a.m. daily.
- Hot lunch & 2 snacks.
- Tutoring for students can be arranged in math & reading.

It's not just Babysitting
223-7521

DRAPERY

DRAPES
Custom Made
Fast Service
Low Low Prices
525-6904

ELECTRICAL

ALL ELECTRICAL SUPPLIES
20% to 40% DISCOUNT
FREE ESTIMATES
For homeowners and contractors
PLAZA ELECTRIC
527-5373
1191 San Pablo Ave., Albany
510-248462

FIREPLACE

FIREPLACES
- Inspect—Repair
- Correct—Remodel
- Porches & Steps
- All Brick Work

Lic. #327662
Bonded—Insured
Roy Anaclerio
526-7555
Since 1939

GARDENING

VINCE'S GARDENING & LANDSCAPING
Pruning
Trees-Shurbs
Trimmed & Cut Down
Lawns & Decortative Rocks
COMPLETE YARD CLEAN-UP
222-3888
Free Est.
Insured
Lic. 425882

GARDENING

trim top remove plant
STEVE'S
Tree and Garden
Difficult removals
Insured
Winter Pruning
787-1387 free est.

GARDENING

GREENLAWN SERVICE
LAWN MOWING
- Low Monthly Rates
- Residential
- Commercial
- Free Estimates

237-2179

GARDENING

JOHNNY'S
GARDENING SERVICE
- Landscaping
- Maintenance
- Hauling
- Cleanup

547-4441

HEATING

HEATING
Air Conditioning & Sheet Metal Work
• ESTABLISHED 1932
State License 218716
GRANHOLT
Sheet Metal Works
PHONE 525-5721
501 San Pablo, Albany

HOUSECLEANING

Let Us Clean Your Home The Enchanted Way!
Prices, low rates
Call us anytime
THE ENCHANTED TOUCH MAID SERVICE
236-3079

HOUSEKEEPING

BROOK'S COMPLETE
Personalized Housekeeping
Residential
Professional
Commercial
Hourly-Weekly-Monthly
Branches in All Areas
Fully Insured
223-6646

LOCK SERVICE

SOMERS' LOCK SHOP
24 Hr. Service
Bonded
Insured
Largest Variety of American Auto Locks in Area.
1507 23rd San Pablo
Bus. 237-6382
Emer. 236-7723

MANICURE SERVICE

NAIL IT UP
manicures
pedicures
sculptures
wraps
hair styling
649 23rd St.
Rich. 233-4545

MOVERS

MILES MOVERS
•Careful
•Dependable
•Free Estimate
Lic. #T128905
532-2514

MUSIC

We Buy & Sell
PINOLE MUSIC SHOPPE
971 San Pablo Ave.
New and Used Instruments
Guitar Lessons
7-70 26 Yrs.
Joe Brandt
724-1284

PAINTING

FINAL TOUCH PAINTING
residential
housepainting
• interiors
• exteriors
FREE ESTIMATES
420-9631
524-8868

PERSONAL

PLANNED PARENTHOOD TOP CENTER
BIRTH CONTROL
MEN'S HEALTH CARE
PREGNANCY TESTING
OTHER SERVICES
LOW FEES
CONFIDENTIAL
222-5290

SEWER SERVICE

ELECTRIC SNAKE
DRAINS OPENED, PLUMBING REPAIRS, WATER HEATERS
$28.95 SEWER SERVICE
24-HOUR SERVICE
223-5306; 529-1860

TAX SERVICE

SOLANO TAX SERVICE
FOR APPOINTMENT
527-1312

VIDEO SERVICE

VIDEO GAME Repair Service
ATARI,
Intellivision
C & R Repair Service
1505 23rd St.
San Pablo, Ca. 94806
(415) 237-1013

UNCLAIMED STORAGE

MILLHOLLIN'S UNCLAIMED STORAGE
"We sell unclaimed storage . . . everything from household goods to cars."
2 San Pablo locations:
• 1847 23rd St. 233-8734
• 3002 Giant Rd. 232-1005

WORD PROCESSING

Resumes
Mailing Lists
Texts
Multiple Letters
Wordwright
Word Processing
527-9198

WINDOWS

ALUMINUM WINDOW DISCOUNTS
525-1422
Custom Manufactured In Our Factory
CLEAR & BRONZE ANODIZED
- REPLACEMENT OF WOOD
- COMPLETE REMOVAL OF STEEL WITHOUT DAMAGE
- 5 YR FREE SERVICE ON EXPERT INSTALLATION
- LIC. 355060
- DOUBLE PANE INSULATED WINDOWS
- PATIO DOORS-SILL COVERS
- BURGLAR GUARDS
- FREE ESTIMATES
- 18 YEARS EXPERIENCE

A-TAYLOR MADE WINDOW, INC.
We Serve All Bay Area Cities — Factory Direct to You

Crossword puzzle

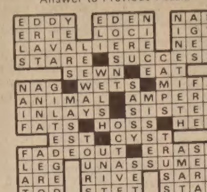
ACROSS

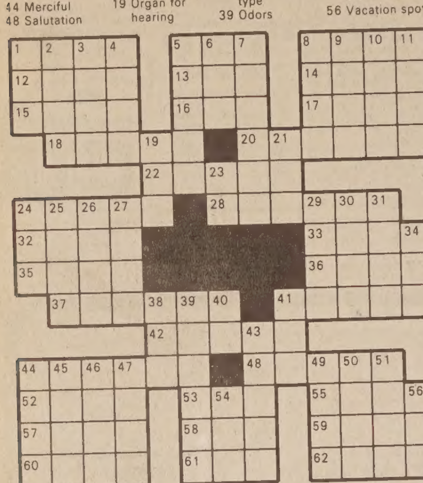
1 Collar fastener
5 Short sleep
8 Short blunt end
12 "Auld Lang ___"
13 One's self
14 Journey
15 Ireland
16 Astronauts' "all right" (comp. wd.)
17 American Indian
18 Playful water mammal
20 Katydid
22 Flower
24 Man's name
28 By mouth
32 Organs of sight
33 Ogled
35 Trial
36 Ages
37 Actress Gabor
41 French city
42 Blank
44 Merciful
48 Salutation
52 Novelist Bagnold
53 Put down
55 Electric fish
57 Feminine (suffix)
58 Escape
59 Walk
60 Acts
61 So (Scot.)
62 Colonnade

DOWN

1 Compass point
2 Inexperienced
3 Entity
4 Tooth of a gear wheel
5 Comes close
6 Bygone days
7 Slower
8 Looks
9 Ancient Phoenician port
10 Of liquid waste
11 Edible root
19 Organ for hearing
21 Depression initials
23 In the direction of
24 Obtain
25 Court cry
26 Hodgepodge
27 Is (Sp.)
29 Sly glance
30 Stringed instrument
31 Positive words
34 Energy-saving time (abbr.)
38 Buddhism type
39 Odors
40 Away (prefix)
41 Farewell (abbr.)
43 Seasoning
44 Give ear
45 Biblical preposition
46 Tiny parasite
47 Cooling drinks
49 Minus
50 Latvian
51 Margarine
54 Motoring association
56 Vacation spot

Answer to Previous Puzzle





ALBANY 525

Albany Condo!
For home or investment—delightful 1 bedroom Town House unit, brand new interior, includes new carpeting, dishwasher, appliances. Enclosed security garage, private patio, filtered bay view. Dartmouth near Cornell. Price reduced to $72,500, possible owner financing.

$67,500 Home!
Neat 4 room rustic bungalow, Carlson Blvd., excellent Annex location. Ideal for starter home or rental investment. Easy terms.

Sixplex Investment!
Lovely 850 sq. ft. 2 bedroom apartments, extra large lot, modern building, near Del Norte Plaza, Annex--El Cerrito location. Realistic price at 8.89 x gross. 12% possible financing. Owners consider home as down payment.

Commercial Investment
2 large brick bldgs., 20,000 sq. ft., former auto agency, sales and service, 50,000 sq. ft. corner lots, downtown Richmond. $495,000, assumable 11½% bank loan. Exchange possible.

JEROME BLANK REALTY
526-4215

OPEN HOUSE
1147 Garfield
Saturday & Sunday 11-3

NO time to fix it yourself? Check the classified "Service Directory" for the right professional.

BERKELEY 530

BY Owner Claremont Hills 2000 sq.ft. $205,000. Canyon View. 3 bdrm 2½ bath, lg, fam.rm, 2 decks, 2 car garage, financing at 11½%. Down payment $30,000. 528-3210; 428-0616

EL CERRITO 570

GREAT BUY
Rich View-4 bdrm., 2 bath, frplc., 2 car garage in panoramic bayview. Beautiful home at $88,000. Call 526-8814 or 525-9925.

INVESTORS!
2 story El Cerrito fixer-upper needs lots of repairs. Could be 2 or 3 units. Owner will carry. Call Now.

Depot Real Estate
758-9700

LOTS OF CHARM
Beautiful EC home, huge living room, master bedroom and rumpus room, lovely tile baths, close to school and trans. Great terms, priced right. 724-6100. #129.

HELP!
Owner wants sold. Custom view home with great in-law set up. New roof,H&F pool, fireplace and much more! Call today for private tour. 235-8200.#656.

MIRA VISTA
School, view, & exciting 2 levels of living: 2 fireplaces, family room, patio, deck, 3 bedrooms, 2 baths, & much more! 235-8200. #114.

Security Pacific
Real Estate Brokerage

EL CERRITO 570

1ST OFFERING: $430,000
8617 Lambrecht
(off Arlington nr Rifle Range Road)
4 yr old prestigious contemporary tudor. Absolutely all conveniences. Quality built, handsome vaulted beam ceilings, versatile floor plan,. Formal dining room, 5 bdrm., 3½ bath, study, family room and much more. Multi car garage includes boat storage, workshop and hobby area. By app't only with SIMMONS & CO. Realtors, 235-1176

FIRST apartment? Find one that's just right in classified.

ALBANY 525

ALBANY 525

ALBANY 525

BARTELS
REALTORS ON THE MOVE
MON.-FRI. 8:30-7:30 SAT. 8:30-6:00 SUN. 10-5

EL SOBRANTE #734: Custom 4+ bdrm Beauty! 3 baths, game room downstairs, huge deck, panoramic view, fenced .61 acres. 758-8050.
OPEN SUN 1:30-4:30. 787 LA PALOMA, EL SOBRANTE. #725: Hostess: Frances Johnson. California Ranch. Covered patio, EZ-care yard, deck, 3 bdrms, 2 baths, frplc. 232-1462.
OPEN SUN 1-4. 121 WALNUT CT, HERCULES. #717: Hostess, Lynda Wager. Extras you dream of—formal dining, frplc, central heat, shake roof, landscaped lot, 3 bdrms, 2 baths. 232-1462.
OPEN SUN 1:30-4:30. 5101 RAINCLOUD DR, RICHMOND. #743: Hostess Cynthia Burke. 4 bdrm, 3+ bath Rancher. Tiled entry, circular staircase, frplc, central heat. 758-8050.
OPEN SUN 1-5. 2347 GREENWOOD DR, SAN PABLO. #741. Great Rollingwood starter! AND owner wants fast sale! 3 bdrm, frplc, dining "L", huge back yard. 232-1462.

EL SOBRANTE 575 **EL SOBRANTE 575**

HAS IT ALL!!!
Large beautiful redwood, custom built home. Formal dining rm, for entertaining, lge family-game room. AEK with breakfast bar. Beautiful open beamed ceilings, off-set by lovely fireplace, all on over ½ acre.

UNDERPRICED!!
Only $79,500. For this large 3 bedroom plus 1½ bath home. Lg country kitchen off-set by nice den. Seller will consider all financing. This home designed for Quick Sale.

MIRA VISTA: PRIVACY GALORE!
Lge 3 bdrm, 2 bath home, with Mira Vista golf course against your back yard. Comes complete with family rm plus full wet bar. Laundry rm. Priced under $125,000.

ARLINGTON!
Nice 3 bdrm on Arlington Ave. w/full basement plus beautiful view of bay. Large 2 car garage on this low maintenance home. Yes! It does have a dining area & fireplace.

Call Agents Don and Neal 222-5602
Prime Properties

EL SOBRANTE 575

HORSE SET-UP
2000 sq.ft. home on ½ acre. $149,950.#B11
LOCATORS 223-4441

MOOOOO
Live in the country 5 minutes off freeway. Sharp 3 bdrm home in El Sobrante with farm-sized lot. $4400 Down-Call Today.

Depot Real Estate
758-9700

FABULOUS
New home w/ beautiful draperies, upgraded carpets, & landscaping front & back. Selling less than new homes around: 12% financing. 724-6100. #133.

Security Pacific
Real Estate Brokerage

HERCULES 590

TOWNHOUSE
With 1400 sq. ft. of carefree living, view of the park, freshly painted inside w/ 3 bdrms., 2½ baths. Financing to fit your pocketbook. 10% assumable loan. 724-6100. #131.

Security Pacific
Real Estate Brokerage

PINOLE 635

2275 ORLEANS DR
(cross St. Tennant Ave) Ownerwill help finance. Many outstanding features. A dream kitchen & extra large master bdrm. Large corner lot. VA/FHA buyers welcome. Sec. Pac. Ollie C. 758-9573; 223-0223

PRICE REDUCED
$2,500 and owner wants this like new Pinole Valley 3 bdrm., 2 bath home sold. Plush carpet, designer drapes, loads of off street parking & more. 724-6100. #.

Security Pacific
Real Estate Brokerage

M * A * S * H
MAKE A SWEETHEART HAPPY
No down GI or FHA. 3 bdrm, 2 baths, Under $80,000

GREAT ASSUMPTION
Excellent floor plan view of the bay. 3 bdrms, 2 baths.

2 STORY
4 bdrm, 2½ baths, family rm. Suited for a large family.

NO CASH!!!
$200 is all you need if you are a veteran to purchase a 2 or 3 bdrm home. Call for details.

DUPLEX
2-1 bdrm units with possibility for expansion. 20% down, seller may carry at 10½% interest rate.

Better Homes Realty
RICHMOND
232-2532

LOOK TO THE LEADERS
LOCATORS
REAL ESTATE

OWNER ANXIOUS—El Cerrito. Well kept home in convenient location. Features 3 bedrooms, 1 bath. Close to shops & transportation. G-31. 232-0281.

SUPERB RANCH STYLE HOME. High in El Cerrito hills. 3 bedrooms, spacious living room & dining, hardwood floors, lovely carpeting and lots of storage space. Bay view. Call to inspect. G-32. 232-0281.

PRESTIGE CONDO. El Cerrito Wildwood. 2 bedrooms, large garden patio, maximum privacy, formal dining room, fireplace. All Terms. G-33. 524-8555.

EXCELLENT STARTER HOME—El Sobrante. Good location. Shows pride of ownership. 2 bedrooms, family room. Also has a new roof. G-34. 222-2722.

EXCEPTIONAL HOME—Pinole. Maximum privacy. 3 bedrooms, 2 bath, family room, dining area. Pool with auto. solar cover, spa, plus many extras. G-35. 222-2722.

CHOICE AREA—Pinole. Great 3 bedroom home with built-in BBQ, family room, solar water heater, great back yard and close to commute and shopping areas. G-36. 222-2722.

LARGE HOME—Richmond. Situated on a quiet street. Features 4 bedrooms, added on and remodeled. Owner anxious and will look at all offers. G-37. 232-0281.

MUST SEE THIS HOME—Richmond. Lovely 2 level home with 4 bedrooms, large master suite, family room, dining room with a fireplace. Owner anxious. G-38. 232-0281.

LARGE HOME—Mira Vista, Richmond. Space to get away from it all. 3 bedrooms, 2 baths plus enormous family room, fireplace, BBQ and gorgeous view of the bay. Asking $114,950. E-Z terms. G-39. 524-8555.

HARD TO FIND—Richmond Annex. 3 bedrooms in mint condition. Original owners. Beautiful landscaped yard complete with large block hobby room. No down payment to qualified vet. Asking $95,000. G-40. 524-8555.

CHARMING MACGREGOR—Richmond. Tudor style features formal dining, 3 bedrooms, cathedral ceilings. Sellers very motivated. Try FHA/VA. G-41. 223-4441.

LARGE ROOMS—Richmond. 4 bedrooms, 2 bath home plus a rumpus room. Has formal dining room. Asking only $99,950. G-42. 223-4441.

NEW LISTING—Richmond. 3 bedroom, 2 bath condo. Family room and large yard. No down payment for qualified vets or low down FHA. Priced at $77,000. G-43. 232-7600.

GOOD AREA—Richmond. Very nice 3 bedroom home. Owner wants it sold, leaving area. Call for details. G-44. 232-7600.

MAKE SOME MONEY—Richmond. Fixer upper. 2 bedrooms, formal dining, new roof. Extra lot included for $25,000. Drive by #6 7th St. G-45. 232-7600.

SHARP UNIT—Richmond. Very low price with good payments. Reasonable down. 2 bedrooms and a private back yard. G-46. 232-7600.

DOUBLE WINNER. Lots of house and excellent financing make this the buy of San Pablo. Over 1500 Sq. Ft. of living area. Assume FHA loan with 50% down. G-47. 724-2400.

SUPER SHARP—San Pablo. Freshly painted inside, low maintenance yard. Features 3 bedrooms, 2 baths. All electric kitchen. Owner will carry. G-48. 724-2400.

Astro-graph

If your birthday is Wednesday, March 16:
This coming year may find you far more enterprising than heretofore. An elevation of your position in several phases of your life is now highly possible.

PISCES (Feb. 20-March 20)
There's a good chance your wallet will be fattened today, not because of any windfall but becauase you'll not be deterred from getting your just dues. 1983 predictions for Pisces are now ready.

ARIES (March 21-April 19)
Once again today your splendid leadership qualities are much in evidence. As you soar in new directions you'll collect enthusiastic followers.

TAURUS (April 20-May 20)
You're at your best today when you shut the world out and rid yourself of all outside distractions. You'll be most productive under these conditions.

GEMINI (May 21-June 20)
Make certain you surround yourself today with people who have a zest for life. Dull, slow-moving types could cause you frustration.

CANCER (June 21-July 22)
Your ambitious urges are triggered today and there is a good chance you'll now go after something which you may previously have been reluctant to attempt.

LEO (July 23-Aug. 22)
Mental gymnastics are your cup of tea today. You should find the exercises invigorating and stimulating enough to give you a zest to tackle more.

VIRGO (Aug. 23-Sept. 22)
The fear you had about getting involved with another may be eliminated today when new information is brought to your attention.

LIBRA (Sept. 23-Oct. 23)
When you see two people at odds with one another, you won't hesitate to use your native skills for arbitrating. They'll be thankful you did.

SCORPIO (Oct. 24-Nov. 22)
A surge of energy abounds in you today, so now is the time to tackle anything which requires staying power. You're up to it.

SAGITTARIUS (Nov. 23-Dec. 21)
Social involvements, especially sports, will beckon you today. If you can't break away from the job, plan something with friends during your free hours.

CAPRICORN (Dec. 22-Jan. 19)
Today could be the day you'll make that change in your basic life style that you've been putting off. You'll have the determination to make it work.

AQUARIUS (Jan. 20-Feb. 19)
It isn't likely you'll need any ideas as to what to do with your day today. The problem might be in finding the time to undertake all you want to do.

RICHMOND 660

JUST $500
will get the G.I. buyer into this 2 bdrm., 1 bath, dining room, 50x100 lot, with monthly payment approximately $675. FHA approx. $3000 down. Call

EDWARD KING
REALTIST 236-1673

LIVE—IN INVESTMENT
Live up- rent down!! It's legal!! 2 kitchens, 2 fireplaces, 3 bdrms, 2 baths. Be a smart buyer. $105,-000. Call ARDIS AANESTAD 233-4700; eves. 232-6141.

MASON-McDUFFIE
SINCE 1887
REAL ESTATE INC

NORTH & EAST
11¾ interest on this sharp 3 bdrm. in prime location. New: paint, insulation, central heat. Hurry and grab. 235-8200. #30.

ASSUME
Yes, w/ only $14,000 you can assume this loan and-move into this 4 bdrm., 2 bath home w/ payments of only $827PITI. Call 724-6100. #75.

Security Pacific
Real Estate Brokerage

SAN PABLO 690

SHARP 2 bdrm. $1400 down. $680 per mo. FHA appr. $65,000. 237-1350.

3 bdrm, 1 bath home, recently renovated. San Pablo Housing Dept will entertain offers. 234-9446, 8:30-5 pm.

RENT TO OWN
In Tara Hills. 3 bdrms, 2 bath, huge recreational rm, vacant. Roy Truax Broker. 889-1900, 881-5852

COZY
$2000 down & take over payments on neat 2 bdrm San Pablo home. Call Gene Addington 799-0885.

IS THERE ANYONE OUT THERE? I've advertised this box twice. 2982-13th St. Bargain price. New carpet, new everything! Someone please call. Midtown Realty, 233-8280.

ONLY $44,500
Newly remodeled & fully insulated. Extra clean. Take over existing loan. Seller might carry 2nd. First come First served.

Prime Properties
222-5602

SUPER BUY
2587D ElPortal Dr
Great location close to everything. Complete with AEK. Only 2 years new. 2 bdrm, cozy 2 bath with fireplace in living rm. Come by and enjoy!

Prime Properties
222-5602

2211 ALFREDA!
Only $65,000. Newly painted inside & out. Ready & in move-in cond. Seller will accept FHA/VA offers. Has good assumable, low interest rate FHA Loan. Seller will carry 2nd. #469

Prime Properties
222-5602

TARA HILLS 694

OLD TIME
REALTORS

NEAT!
#521. Sharp 3 bdrm w/added Florida room. Quiet neighborhood, nicely landscaped. Priced right!
2337 San Pablo Ave.
Pinole 724-7800

REAL ESTATE EXCHANGES 715

WISH to trade 2 cottages in good NE Richmond location for house or duplex in Berk. Alb. or EC to $140,000. 527-7476

MOBILE HOMES 730

SANDPOINTE 12x56, Almost new. Adult park. 2 sheds. 236-9146

10X50 ft. 2 bedroom, in Becks Adult Park 13613 San Pablo Ave, #24. Asking $9000. 526-6836

5th Wheel 35ft Coachman QuinStar w/space, E.S. Air, 2 stage generator, stereo, self-contained. $14,500. 223-2295

1430 sq. ft. home; 3 bdrm., 2 bath, family room central air & heat, $38,-500. Adult park, Vacaville. 707-446-8344.

INCOME & INVESTMENT PROPERTY 745

ALBANY TRI-PLEX
1 bdrm units. $10,620 gross. Asking $129,000. Clement Realty 386-2055

EL SOBRANTE
24 units well maintained, mostly 2 bdrms. Long term owner financing at 10.5% Offered at $1.1 million. Ted Thuss Broker 223-7278

ALBANY DUPLEX
Spacious 1 bedroom units. Enclosed garages. Large back yards. Live in one rent the other. $130,000. Eves. Marge 525-5288.

NORM WILLIAMS
Realtor 524-2303

APARTMENTS FOR RENT—FURNISHED 780

BERK. 1 bdrm, all util, coin-laun,Pied Ave.$423 889-7488 HOMEFINDERS

BERK.
2404 FULTON
Near Channing. Hot (90 degree) pool. Private balconies. View. Architect designed security bldg. and garage. 1,2,3 bdrms. $551-$614; $693-$756; $835-$887
VIEW!!! 841-9060

RICH. 1 & 2 bdrm Furn & unfurn. $275 mo.& up.Working adults, retired seniors. Refs 233-5000; 233-5001.

APTS FOR RENT UNFURNISHED 785

ALB 1,2 & 3 bdrm apts. nr. trans & shops. $375-$580. 524-2235; 525-5250

ALB deluxe 3 bdrm., 2 bath; 2 car gar. no pets. Lease. $725. 232-6572.

BERKELEY CONNECTION
Covering East Bay
Studios, 1, 2 & 3 bdrms
FLATS-PLEXES-APTS
Personal Service
845-7821

BERK. 1 bedroom, 1419-7th Street. Section 8. Agent 534-3399

BERK 1 Bdrm & Studios avail. Grove & University. 465-6666.

BERKELEY
Studio, laun, nr. UC $243
Studio,yd,pet, carport$295
1 bdrm, nr UC, w/w $300
1 bdrm, coin-laun, $325
1 bdrm, yd, prking. $355
1 bdrm, balcony, pool, garage, view, 3 blks UC $375
1 bdrm,yd, view, pets $395
2 bdrm, deck, $425
2 bdrm, yd, garage. $475
889-7488 HOMEFINDERS

ROD. 2 bdrm, full size basement. commercial possibility, 2 blks from fishing. 724-4508

EC 1 BDRM, ideal area, top cond. Good sunlight. $385. Agent, 233-3103.

EC. dup. 1 bdrm, nr Plaza. $350. 1st, last, sec. Refs. 527-6339 or 526-8753

EC.Studio, balc, pets.$225
2 bdrm, carport, nice.$350
2 bdrm, large, prking.$380
2 bdrm, dining, w/w. $410
HOMEFINDERS 232-1515
12284 San Pablo, Rich

ES Large 1 bdrm. Frplc, dishwasher, $415-Up. No pets. 223-9406.

APTS FOR RENT UNFURNISHED 785

ES 2 bdrm., newly painted; new w-w carpet, carport. No pet. Refs. $400 mo. 1st., last, Aft 5 call 658-2147 or 232-8620.

ES. 3 bdrm, 1 bath, carpets, drapes, stove, refrig, garbage disposal. Pool, carport, laundry fac. $475. $760 sec dep. crd check.Ray 223-6299

ES.2 bdrm, carpets, drapes, appli, $375 mo. 1st, last, $300 sec. 223-6320

LOCATORS
REAL ESTATE

FREE RENTAL LIST
Looking for a place to rent? Come directly to LOCATORS & save some fees. Availabile now:
EC 2 bdrm 4-plex $475
ES 1-2 bdrm. condos
SP 3 bdrms., $600
2 townhomes $525-$600
232-5565

FREE RENTAL LISTS
APARTMENTS

SP 1 bdrm.	$395
RICH 1 bdrm	$225
SP 2 bdrm.	$300
RICH 2 bdrm	$315
SP 2 bdrm	$345
RICH 2 bdrm	$395
PIN 2 bdrm	$485

HOMES

SP 1 bdrm.	$375
KENS 3 bdrm condo	$900

Feagley Management
1901 Church Lane, S.P.
236-8366

OAK No. modern 1 drm., pool, paking, $290. Shown 6-7 p.m., 5248 Claremont #5. 654-7323.

PIN. Like new, large 2 bdrm apt. 2 full baths, AEK, balcony, 2 car parking. No pets. $475 mo; $500 sec, $75 rental fee. Agent 724-7368

RICH studio-sec. bldg. $215
RICH 1 bdrm-carport $290
RICH view-2 bdrm., clean $335
SP 2 bdrm-off street pking $315
CROC 2 bdrm. clean $285
PIN 2 bdrm, pool, new paint $425
More Avail. 236-7575
RENT—A—HOME
4418 Macdonald, Rich.

RICH 2-2 bdrm apts; one has stove & refrig. Parking. 232-1806.

RICH Annex. Nice 1 bdrm, 1 mi. No. EC Plaza. 2 avail. $325 & $350 mo. 1st, last, plus 1 mo. dep. 1 Mature clean adult, no pet. 524-7856

RICH Annex. 1 bdrm, w/w, off st. parking, garage. $275. 1st,last, sec. Eves 223-0985

RICH Pt. lg studio $300
RICH PT 1 bdrm $375
Rich 1 bdrm $350
RICH Pt 2 bdr view $900
Refs. 232-8835 lv messg.

RICH. 3922 Ohio 2 bdrm, wall-carpet, just painted, $365. $960 to move in. 236-2966

RICH. 1,2,3 bdrm apts. Stove, refrig, carpeting, all utils paid. Good credit, refs. 237-6426

RICH.2 bdrm dup. across from Bart. $300 mo, 1st, last. 787-2150

RICH.studio, sec. 8.$200
1 bdrm, w/w, sec 8 $225
2 bdrm, large, prking.$305
2 bdrm, split level. $315
2 bdrm, large 8 plex.$325
HOMEFINDERS 232-1515
12284 San Pablo, Rich

ROD. Townhouse, 2 bdrm, 1½ bath, carpet, drapes, AEK, yd, garage, water-garbage pd, no pets, 1 child. $470-$495.
3 bdrm, 2 children. $580. 799-4371, 799-2816

SP $385-2 bdrm., appliances, water & garbage pd. Seniors or working persons pref. No pets. 237-9320.

SP 1 bdrm, $315; 1 bdrm, $365. Off-street parking, pool. 233-3112; 254-0497.

SP 1 bdrm; elec. kitchen, carpets, drapes, Refs & credit check. 236-3197.

SP 2 bdrm very nice AEK storage rm, convenient, adults. $340. 229-2624

SP Clean 2 bedrooms, carpets, drapes, stove, refrig, $325. 724-RENT. Meridian West Rentals

SP Upper lg. 2 bdrm, near trans, onsite manager. $380 plus dep. 235-2739

SP. Avail now 2 bdrm, 1 bath. 2020 Stanton. $400 mo, 1st, last, sec. Call Traci 222-5602.

SP.BROOKSIDE APTS. 1 bdrm $320. No pets. 233-9413

SHARE RENTALS 790

COLLEGE AVE RM. Luxury furn. share kitchen, bath. $260. 653-1396

LARGE E.S. Hills home. $250 mo.plus ¼ utils. incl. privs. 223-8215 Stacie, leave message

1 person share 2 bdrm house in N. Berk Nr. Rose Garden. $312. plus½ util. 525-0532

RICH-female wanted to share 2 bdrm home with same, pet & 1 child o.k. $250 mo. plus ½ utils. 233-9102 aft 6 p.m.

BEAUTIFUL house to share. Rooms $185-$240 & $380 w/pvt. bath, frplc, deck, harbor view. Non-smoker, no pets. 841-5460

SPACIOUS Kens. home single employed prof. share with same. lg bdrm $275, mstr bdrm/ bath $375. 524-5478.

HOUSES FOR RENT-FURNISHED 795

BERK.Claremont Manor. 5 bdrms, frplc. Employed group.$275 each.849-0880.

HOUSES FOR RENT-FURNISHED 795

EC VIEW now to 7/15 for cpl/fam. 3 bdrm 2 bath, BART $775. 236-0667

HOUSES FOR RENT—UNFURNISHED 800

ALBANY. Beautiful 2 bedroom Mediterranean styled home, brand new interior, terrific kitchen, new appliances, central heat, new carpeting, deck, lovely garden area. 1327 Marin, near schools, shopping, transportation. $950. Jerome Blank Realty, 526-4215.

BERKELEY CONNECTION
Covering East Bay
Studios, 1, 2 & 3 bdrms
HOUSES-COTTAGES
Personal Service
845-7821

BERK Avail. 5/1. 2 bdrm+ $850. Rose Grove. 526-3101 eves/weekends.

BERK hills cottage, yd, util pd,garden setting$425 889-7488 HOMEFINDERS

BERK-mint cond 2 bdrm. with deck & enclosed yard in stable SW neighborhood. $625 mo. Bob Hayes 524-8893.

BERK No. 3 bdrm., 2 bath, view, deck, AEK, $1100: ALSO 4 bdrm., 2 bath, view, deck, uyd., $1048. Call 527-2888.

BERK.3 bdrm, yd,brown shingle,short term.$700 889-7488 HOMEFINDERS

EC 2 BDRM, quiet, top cond. Frplc, private patio, garage. No pets. $575. Agt, 233-3103.

EC 3 bdrm., stove, refrig, yd, new kitchen. $650+ deposit. Eves 835-5712.

EC 6 rooms, 3 bdrms, frplc, garage, shop, storage, laundry, yard, nr. stores. 724-3089

EC.2 bdrm, w/w, yd,nr Bart,garage,hookup$550
2 bdrm plus,util/din rm, garage, yd, pets. $600
3 bdrm, bath, bay view, yd, pets, modern. $800
4 bdrm, 3 bath, AEK, garage, patio,bay view, fam/din rm,wet bar$850
HOMEFINDERS 232-1515
12284 San Pablo, Rich

ES 3 bdrm., 2 bath, family room, pets, $600. 236-7575
RENT—A—HOME

ES 3 bdrm, 2 bath. $600 mo. 1st, last, sec. dep. Call Joe, agt, 222-2188.

ES 3 bdrm., 1½ bath, $575. Jerry 222-1133 or 233-4700.

ES.3 bdrm, 2 bath 2 car garage, AEK, lg priv. backyd w/ deck on hilltop. $690 +dep 235-4998

HERC 3 bdrm, 2 bath, family rm, 2 car garage, yard. Excel cond. $650. 524-5640; 531-0337.

HERC 4 bdrm, 2 bath, landscaped $650. 1st, last, $600 dep. No pet 799-9101

KENS. 32 Sunset. 4 bdrms, 4 baths, park setting, on huge lot. $1400 mo., 1st, last, security. Traci, 222-5602

PIN 3 bdrm., 2 bath, AEK, w-w carpet, frplc., fenced yard, 2 car garage, $650, 1st., last, deposit. 724-8144.

PIN. 4 bdrm, 2 bath, Alamo model in Silvercreek. $700 mo. $700 cleaning & sec dep. Avail April 1, 758-3869

PIN.3 bdrm, park setting, w/w,garage,fenced $525
4 bdrm, 2 bath, pets, yd, garage,water pd.$575
3 bdrm, 2 bath, AEK, fenced yd, patio, pets, frplc, garage,w/w,formal dining,hookup.$620
HOMEFINDERS 232-1515
12284 San Pablo, Rich

PT.RICH. $900. 3 bdrm, 2 bath, decks, bay views, avail. 4/1. 235-2753

RICH 2 bdrm, garage, formal dining, spacious, yard. $375. 652-7721.

RICH 3926 Ohio. Small 2 bdrm, just painted, wall-wall carpets, $350. $930 move-in. 236-2966

RICH Annex. 2 bdrm, $495, 1st, last+$400 dep. Stove, refrig, garage, hdwd floors, no pets. Avail 4/1. 525-3102.

RICH insulated 2 bdrm., mod. kitchen, washer & dryer incld in rent. Lg deck. $495. 232-4929.

RICH N.E. Lg. 3 bdrm, 1 bath, single car garage, $540. No sec 8. No pets. 223-7278, Ted

RICH NE 3 bdrm, frplc. $550. 236-7575
RENT—A—HOME

RICH NE. Lg 3 bdrm, 2 bath, double car garage $600. $800 sec. 237-4567

RICH. 2 bdrm, N&E, huge yard, garage. $500. 234-8346

RICH. Brand new, avail. now 992 & 994 McLaughlin $500 mo each, 1st, last, security. 2 bdrms., 1 bath. Traci, 222-5602

RICH.1 bdrm+,garage, din rm, yd, deck.$375
2 bdrm, frplc, pets, garage, dining,w/w.$400
2 bdrm, yard, garage, util room, hookups. $475
3 bdrm, 2 bath, garage, dine rm, frplc, yd.$550
3 bdrm, 2 bath, frplc garage, pets, yd. $615
HOMEFINDERS 232-1515
12284 San Pablo, Rich

RICH/SP. 2 bdrm, 1 bath, yd, garage. $475. plus dep. 527-4590 aft.6.

ROD beaut. 4 bdrm., 3 bath, 2 story, alarm system. $695. Call Diane 874-7605 or 538-5130.

SP 2 bdrm, Laund. hookup, $385. 236-7575.
RENT—A—HOME

2961 20th. 1 bedroom, 1 bath. $400 mo. 1st, last, $100 security. Call Traci, 222-5602

SP Montalvin. Lg 4 bdrm, 2 bath, attached garage. $550 plus dep. 235-2739

SP Small 2 bdrm, garage, 1 child welcome. $450 plus deposit. 235-2739

SP.1256 West Victoria Ct. 2 bdrm, attached garage, carpets, lg fenced backyd. $450 mo. $300 sec dep. no pets. Mel Long. 223-1551

HOUSES FOR RENT—UNFURNISHED 800

SP.2 bdrm,new paint, w/w, fenced,hookups.$350
2 bdrm, fenced yard, parking, w/w, clean. $385
2 bdrm, formal dining, pets,w/w, util rm, yd.$475
3 bdrm, 2 bath, fenced yd, formal din, hookup. $500
3 bdrm, frplc, AEK, garage, pets, fenced yd, $525
3 bdrm, 2 bath,dining, AEK,garage, pets,yd $560
HOMEFINDERS 232-1515
12284 San Pablo, Rich

SP.2781 20th st. 3 bdrm, $525 mo, carpets, newly painted, no garage. Credit refs req. 235-5575

VALLEJO 3 bdrm, double garage, fenced yd. $550. Poss. option to buy. 620-2985; 799-5005 aft. 5 & weekends.

CONDOS FOR RENT UNFURNISHED 840

ES. 2 bdrm, 1½ bath condo, $510 mo.
ES. 3 bdrm, 2 bath, lg rooms, $625 mo
Call Jackie 758-5608

DUMONT CO.
REALTORS

PINOLE	724-8800
CROCKETT	787-1066
RICHMOND	223-2222

PT.RICH. New lg. 2 bdrm, 1½ bath, 2 decks, fantastic bay view, energy efficient, many extras, $900. 232-8835

ROOMS FOR RENT 835

PT.RICHMOND
Clean & quiet. $50 per week. 222-3178

PT.RICH. furn. sunny, clean, share kitchen, working adults. $190. 232-0482.

WANTED TO RENT 855

2-3 bdrm with view. North Berk. preferred. Retired couple. 841-3818.

HOUSE WANTED
Getting married in June. needs 2 or 3 bdrm Albany houxe as soon as possible 2 adults, 1 child, 2 cats. McGregor 524-7059 mess.

PROF. Woman w/8 yr old daughter needs rental, alone or share. 528-2255.

BUILDING/OFFICE SPACE FOR RENT 870

PIN. office space San Pablo Ave, carpets, Lease req. Don 724-6334

WALNUT SQ office. 411 sq. ft. $500. Ideal for counselling or massage. Call 451-6779.

LEASE-3600 sq. ft. office space; 2700 sq. ft. R&D. Located in Richmond, off I-80. For info call 527-7751.

OFFICE SPACE Avail. at 2830 Pinole Valley Rd. 2 small pvt. offices $250 mo. ea. 480 sq.ft. at $500. Utils incl. Furn/unfurn. More info. Call Depot Real Estate 758-9700

COMMERCIAL/IND. FOR RENT 875

BERK-4th St.12,700 sq.ft. (or 8350 plus 4350 sq.ft.) 25¢ per sq.ft. 548-3122

EL Portal Center retail or offices, 50¢ per sq. ft. 600-5000 ft. 525-1562.

ALB 2000sqft bldg. 12,000 sq.ft. bldg. 5 ton crane. 2000sq.ft office 524-7944

RICH. warehouse/shop 1600 & 6000 sq.ft S.P Ave Ms Tanner 421-1070

SPACE for sublease. 2000 sq.ft. for storage or small business. 1 blk. Shattuck. 540-5899

3,000 sq. ft of shop & offices plus 655 ft. of mezzanine in Richmond's nicest, most secure area. 1250 mo. 525-1457 days; 933-8835 eves.

MOTORCYCLES AND SCOOTERS 900

MOPED HONDA
1981. Good cond.
$175.
234-8936.

R.V. TRAILERS AND CAMPERS 905

30 ft. Comfort trailer, like new, air, awning, new carpet, never been towed. Call Hal 237-3200

Campers $495-Up
Many to Choose From

NEW TRAILERS
& 5th WHEELS
KOMFORT & PROWLER
PLUS MANY USED...
ALL SIZES AND AGES
$1495 AND UP
NEW MICROS, MINIS &
CLASSAMOTORHOMES
Jamboree Southwind
Sunrader Winnebago
Many used as low as
$5995

CAMPERLAND
RV
Sales • Service • Rentals
11909 San Pablo, EC
237-3798

AUTOMOTIVE PARTS 910

PARTING Out '71 Buick Electra 225. Rebuilt 455, 4 barrel, $350. Other parts. 787-1231.

AUTOS WANTED 915

TOP PRICE PAID
We need clean used cars.
CORTESE OLDS/GMC
175-23rd St. Richmond
236-0104

CARS WANTED
$$$$$$$$$$
TOP PRICES PAID
PAID FOR OR NOT!
See Bob Myers
521-23rd., Richmond
233-3500

VANS 920

DODGE '77 window van,extra rear seat, PS, PB auto.,$3495 or offer. 237-8528 or 223-5720.

TRUCKS AND 4 WHEEL DRIVE

CHEVY '60 El... 400 eng. 3-speed $900 or best... 234-3187 ask for...

DODGE '73... longbed with eng. Excint... best offer...

FORD '... Asking...

FORD '55 p... speed truck... or Best of... 234-1164

IMPORTED CARS

AUDI '7... 4 door sedan Gino 444-...

DATSUN... sp.,custom... deck, sunroof... low mi. $...

HONDA Acc... matic, blue... tape deck... 5:30 525-4...

HONDA '77... matic tra... Hatchback... $3000 aft 5...

MERCEDES... green ex... $5500. 237-...

SUNBEAM... hardtop... miles. New... 236-5988

TOYOTA '7... stnwgn... battery... work. $8...

TOY. '78 C... Wire rims... eo, air... sell. $4000...

VW. Bug... throughout... this week... offer. 547-...

COLLECTOR CARS

EDSEL '59... hardtop... 232-6386...

DOMESTIC CARS

CAD '78 Sev... metallic... green vin... power... wire whe... (953UES)... sible per... comfort... payment... payment... to assum... Pierce... 222-4444

CHEVRO... eng 327...

CHEVY '7... V8 fast... Am muffler... $2500 offer...

CHEVY... 2-door. Ex... tion. New...

DODGE '7... PS, PB... cond. Uni... $3300. 23...

FORD '74... power ste... cellent... or. $850...

FORD '75... 6 cyl... 233-2187...

MERC '77... 1 owner... Excellent...

PLY. '73... body... paint... 223-8242...

PLYM... Dan 234-...

PONT...

PONT. Ven... Am. Black... 1981 Pont... speed... 700 mi... respons... make... monthly... back... tracts... Mr. Pa... Ford...

PONTIAC... fari... extras... $3500...

CHEVY '7... back... $1600...

HERE'S... way to... on some... items... need... 237-1111